

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results

March 1, 2015

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
1	1/111	1/1	237	Colin Culhane	Male	24	Sayville	NY	5	00:18:56.18	01:34:40.94		
	Lap 1 to 4	00:20:34.52	6:37	1	00:20:18.30	6:32	5	00:17:35.43	5:39	1	00:17:47.05	5:43	1
	Lap 5 to 8	00:18:25.64	5:55	1									
	Lap 9 & 10												
2	2/111	1/13	311	Zandy Mangold	Male	41	Brooklyn	NY	5	00:19:41.66	01:38:28.34		
	Lap 1 to 4	00:21:10.51	6:48	9	00:19:33.95	6:17	1	00:19:12.00	6:10	2	00:19:08.19	6:09	2
	Lap 5 to 8	00:19:23.68	6:14	2									
	Lap 9 & 10												
3	3/111	1/17	379	Wil Widman	Male	50	North Babylon	NY	5	00:20:22.54	01:41:52.71		
	Lap 1 to 4	00:20:34.52	6:37	2	00:20:18.31	6:32	6	00:20:20.48	6:32	4	00:20:30.52	6:36	3
	Lap 5 to 8	00:20:08.86	6:29	3									
	Lap 9 & 10												
4	4/111	1/13	337	Eddie Reagan	Male	58	Levittown	NY	5	00:20:32.79	01:42:43.96		
	Lap 1 to 4	00:20:39.85	6:39	4	00:20:22.81	6:33	7	00:20:27.49	6:35	6	00:20:34.75	6:37	5
	Lap 5 to 8	00:20:39.04	6:38	5									
	Lap 9 & 10												
5	5/111	2/13	330	Paul Pepe	Male	56	Cold Spring Harbr	NY	5	00:20:36.63	01:43:03.19		
	Lap 1 to 4	00:21:04.18	6:46	7	00:20:03.06	6:27	2	00:20:27.04	6:34	5	00:20:33.11	6:36	4
	Lap 5 to 8	00:20:55.78	6:44	8									
	Lap 9 & 10												
6	6/111	2/17	353	Bill Schroeder	Male	54	Garden City	NY	5	00:20:43.69	01:43:38.46		
	Lap 1 to 4	00:20:35.77	6:37	3	00:20:22.94	6:33	8	00:20:34.95	6:37	7	00:20:44.96	6:40	6
	Lap 5 to 8	00:21:19.84	6:51	14									
	Lap 9 & 10												
7	7/111	1/14	271	Shawn Garbien	Male	37	Port Washington	NY	5	00:20:54.34	01:44:31.71		
	Lap 1 to 4	00:21:03.66	6:46	6	00:21:01.64	6:46	11	00:20:46.68	6:41	8	00:20:45.43	6:40	7
	Lap 5 to 8	00:20:54.30	6:43	6									
	Lap 9 & 10												
8	8/111	1/22	262	Michael Fernandez	Male	46	Farmingdale	NY	5	00:20:56.67	01:44:43.39		
	Lap 1 to 4	00:21:05.70	6:47	8	00:20:59.80	6:45	10	00:20:46.87	6:41	9	00:20:52.80	6:43	8
	Lap 5 to 8	00:20:58.22	6:44	9									
	Lap 9 & 10												
9	1/75	1/1	410	Caitlin Ude	Female	23	Braintree	MA	5	00:21:02.17	01:45:10.88		
	Lap 1 to 4	00:22:00.33	7:04	14	00:20:06.39	6:28	3	00:20:11.90	6:30	3	00:20:59.29	6:45	11
	Lap 5 to 8	00:21:52.96	7:02	19									
	Lap 9 & 10												
10	9/111	2/14	280	Trent Hampton	Male	36	West Babylon	NY	5	00:21:05.49	01:45:27.46		
	Lap 1 to 4	00:21:15.27	6:50	12	00:21:11.07	6:49	12	00:21:08.77	6:48	13	00:20:57.80	6:44	10
	Lap 5 to 8	00:20:54.54	6:43	7									
	Lap 9 & 10												
11	2/75	1/14	380	Heather Williams	Female	39	Centerport	NY	5	00:21:12.67	01:46:03.37		
	Lap 1 to 4	00:21:14.25	6:50	11	00:21:11.57	6:49	13	00:21:09.12	6:48	14	00:21:15.71	6:50	12
	Lap 5 to 8	00:21:12.70	6:49	12									
	Lap 9 & 10												
12	10/111	3/17	249	Michael Di Lisio	Male	53	Shoreham	NY	5	00:21:34.14	01:47:50.72		
	Lap 1 to 4	00:21:25.87	6:53	13	00:21:27.58	6:54	15	00:21:36.16	6:57	20	00:21:45.05	7:00	19
	Lap 5 to 8	00:21:36.04	6:57	18									
	Lap 9 & 10												

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13	11/111	3/14	396	Joseph Garbowski	Male	37	New Fairfield	CT	5	00:21:35.24	01:47:56.22		
	Lap 1 to 4	00:22:21.39	7:11	21	00:21:36.58	6:57	17	00:21:19.89	6:51	15	00:21:18.94	6:51	13
	Lap 5 to 8	00:21:19.41	6:51	13									
	Lap 9 & 10												
14	12/111	2/13	370	Robert Votruba	Male	43	Garden City	NY	5	00:21:38.54	01:48:12.71		
	Lap 1 to 4	00:22:21.19	7:11	20	00:21:35.96	6:57	16	00:21:20.47	6:52	16	00:21:19.18	6:51	14
	Lap 5 to 8	00:21:35.89	6:57	17									
	Lap 9 & 10												
15	13/111	2/22	351	Steven Schmidt	Male	49	Greenlawn	NY	5	00:21:40.58	01:48:22.92		
	Lap 1 to 4	00:22:20.27	7:11	18	00:21:37.28	6:57	18	00:21:42.69	6:59	21	00:21:39.93	6:58	17
	Lap 5 to 8	00:21:02.74	6:46	11									
	Lap 9 & 10												
16	14/111	4/14	376	Thomas Weber	Male	35	Rockville Centre	NY	5	00:21:46.39	01:48:51.97		
	Lap 1 to 4	00:22:28.75	7:14	25	00:22:29.78	7:14	28	00:21:35.84	6:57	19	00:21:39.80	6:58	16
	Lap 5 to 8	00:20:37.79	6:38	4									
	Lap 9 & 10												
17	15/111	1/7	220	Kevin Carroll	Male	62	Huntington Station	NY	5	00:21:50.58	01:49:12.92		
	Lap 1 to 4	00:22:35.25	7:16	27	00:21:57.25	7:03	23	00:21:33.12	6:56	18	00:21:38.30	6:57	15
	Lap 5 to 8	00:21:28.99	6:54	16									
	Lap 9 & 10												
18	16/111	1/5	299	Bremen Leak	Male	34	New York	NY	5	00:21:51.09	01:49:15.47		
	Lap 1 to 4	00:24:40.87	7:56	49	00:20:44.73	6:40	9	00:21:02.27	6:46	11	00:21:44.96	7:00	18
	Lap 5 to 8	00:21:02.64	6:46	10									
	Lap 9 & 10												
19	17/111	3/13	260	Eric Fehrenbacher	Male	40	Huntington	NY	5	00:21:53.06	01:49:25.31		
	Lap 1 to 4	00:21:12.22	6:49	10	00:21:14.10	6:50	14	00:21:25.55	6:53	17	00:22:14.80	7:09	26
	Lap 5 to 8	00:23:18.64	7:30	30									
	Lap 9 & 10												
20	18/111	5/14	310	Marc Mandello	Male	36	Lake Grove	NY	5	00:22:02.34	01:50:11.73		
	Lap 1 to 4	00:22:08.19	7:07	15	00:21:49.36	7:01	21	00:21:49.00	7:01	23	00:22:11.81	7:08	25
	Lap 5 to 8	00:22:13.35	7:09	21									
	Lap 9 & 10												
21	19/111	3/13	373	Jon Wallach	Male	58	Levittown	NY	5	00:22:05.04	01:50:25.23		
	Lap 1 to 4	00:22:14.68	7:09	16	00:21:54.63	7:03	22	00:22:04.49	7:06	24	00:22:02.36	7:05	21
	Lap 5 to 8	00:22:09.05	7:07	20									
	Lap 9 & 10												
22	20/111	4/13	371	Jeffrey Votteler	Male	42	Manorville	NY	5	00:22:12.35	01:51:01.75		
	Lap 1 to 4	00:22:28.22	7:13	24	00:22:18.54	7:10	26	00:22:24.62	7:12	28	00:22:22.05	7:11	29
	Lap 5 to 8	00:21:28.31	6:54	15									
	Lap 9 & 10												
23	3/75	1/8	331	Kelly Perno Grosser	Female	34	Seaford	NY	5	00:22:17.34	01:51:26.73		
	Lap 1 to 4	00:22:25.76	7:13	23	00:21:57.81	7:04	24	00:22:11.08	7:08	27	00:22:18.28	7:10	27
	Lap 5 to 8	00:22:33.79	7:15	22									
	Lap 9 & 10												
24	4/75	1/5	365	Nicole Unger	Female	27	Great Neck	NY	5	00:22:17.87	01:51:29.36		
	Lap 1 to 4	00:22:19.39	7:11	17	00:21:39.79	6:58	19	00:21:48.60	7:01	22	00:22:10.99	7:08	24
	Lap 5 to 8	00:23:30.58	7:34	35									
	Lap 9 & 10												

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25	21/111	5/13	357	Scott Streater	Male	40	Lloyd Harbor	NY	5	00:22:20.74	01:51:43.73		
	Lap 1 to 4	00:23:36.77	7:35	38	00:21:47.21	7:00	20	00:21:04.39	6:46	12	00:21:45.48	7:00	20
	Lap 5 to 8	00:23:29.87	7:33	34									
	Lap 9 & 10												
26	5/75	1/15	355	Jill Skelly	Female	51	Baldwin	NY	5	00:22:22.88	01:51:54.43		
	Lap 1 to 4	00:22:24.52	7:12	22	00:21:58.86	7:04	25	00:22:10.37	7:08	26	00:22:19.92	7:11	28
	Lap 5 to 8	00:23:00.75	7:24	25									
	Lap 9 & 10												
27	6/75	2/14	400	Allison Clark	Female	35	Port Jefferson	NY	5	00:22:43.67	01:53:38.39		
	Lap 1 to 4	00:22:32.39	7:15	26	00:22:24.92	7:12	27	00:22:43.84	7:18	30	00:22:52.22	7:21	30
	Lap 5 to 8	00:23:05.01	7:25	26									
	Lap 9 & 10												
28	22/111	4/13	409	Steven Steiner	Male	58	Great Neck	NY	5	00:22:50.31	01:54:11.57		
	Lap 1 to 4	00:21:03.25	6:46	5	00:20:13.16	6:30	4	00:20:53.40	6:43	10	00:20:56.79	6:44	9
	Lap 5 to 8	00:31:04.96	10:00	114									
	Lap 9 & 10												
29	23/111	3/22	266	Michael Fisenne	Male	49	East Northport	NY	5	00:22:56.91	01:54:44.55		
	Lap 1 to 4	00:22:40.52	7:17	29	00:22:53.43	7:22	32	00:22:45.88	7:19	31	00:22:52.98	7:21	31
	Lap 5 to 8	00:23:31.72	7:34	36									
	Lap 9 & 10												
30	24/111	6/14	268	Joe Flick	Male	36	Farmingdale	NY	5	00:23:06.29	01:55:31.49		
	Lap 1 to 4	00:24:40.26	7:56	48	00:23:55.07	7:41	48	00:22:05.80	7:06	25	00:22:07.25	7:07	23
	Lap 5 to 8	00:22:43.09	7:18	23									
	Lap 9 & 10												
31	25/111	4/17	240	Patrick Daly	Male	51	Merrick	NY	5	00:23:08.64	01:55:43.24		
	Lap 1 to 4	00:22:51.27	7:21	30	00:23:05.05	7:25	36	00:23:16.63	7:29	36	00:23:30.16	7:33	36
	Lap 5 to 8	00:23:00.12	7:24	24									
	Lap 9 & 10												
32	26/111	6/13	397	Daniel Valderrama	Male	44	Oyster Bay	NY	5	00:23:18.87	01:56:34.35		
	Lap 1 to 4	00:22:20.38	7:11	19	00:22:33.87	7:15	30	00:23:34.30	7:35	42	00:24:07.86	7:46	45
	Lap 5 to 8	00:23:57.92	7:42	43									
	Lap 9 & 10												
33	7/75	1/13	285	Mary Frances Horan	Female	46	Lake Ronkonkomi	NY	5	00:23:20.73	01:56:43.70		
	Lap 1 to 4	00:23:17.27	7:29	32	00:23:08.31	7:26	37	00:23:15.34	7:29	34	00:23:23.93	7:31	34
	Lap 5 to 8	00:23:38.84	7:36	37									
	Lap 9 & 10												
34	27/111	7/14	290	Eric Israel	Male	37	Holbrook	NY	5	00:23:21.99	01:56:49.99		
	Lap 1 to 4	00:23:28.89	7:33	36	00:23:00.68	7:24	33	00:23:19.30	7:30	39	00:23:50.76	7:40	44
	Lap 5 to 8	00:23:10.35	7:27	28									
	Lap 9 & 10												
35	28/111	4/22	292	Ira Kaplan	Male	45	East Meadow	NY	5	00:23:23.83	01:56:59.18		
	Lap 1 to 4	00:22:36.26	7:16	28	00:23:20.47	7:30	43	00:23:19.63	7:30	40	00:23:40.34	7:37	40
	Lap 5 to 8	00:24:02.46	7:44	44									
	Lap 9 & 10												
36	29/111	5/17	226	John Clifford	Male	53	Seaford	NY	5	00:23:30.58	01:57:32.92		
	Lap 1 to 4	00:23:15.51	7:29	31	00:23:14.03	7:28	40	00:23:12.04	7:28	33	00:23:36.68	7:35	39
	Lap 5 to 8	00:24:14.65	7:48	45									
	Lap 9 & 10												

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37	30/111	6/17	315	Terence McCormick	Male	54	Lindenhurst	NY	5	00:23:43.28	01:58:36.40		
	Lap 1 to 4	00:24:24.33	7:51	44	00:23:34.57	7:35	46	00:23:18.89	7:30	38	00:23:23.03	7:31	33
	Lap 5 to 8	00:23:55.58	7:42	40									
	Lap 9 & 10												
38	31/111	7/13	350	John Schmidt	Male	41	Sea Cliff	NY	5	00:23:44.29	01:58:41.49		
	Lap 1 to 4	00:23:41.30	7:37	40	00:23:59.53	7:43	49	00:24:04.05	7:44	47	00:23:31.80	7:34	37
	Lap 5 to 8	00:23:24.79	7:32	32									
	Lap 9 & 10												
39	32/111	8/13	248	Rob Devinney	Male	43	Long Beach	NY	5	00:23:44.37	01:58:41.89		
	Lap 1 to 4	00:23:26.66	7:32	34	00:24:12.33	7:47	54	00:24:07.68	7:45	49	00:23:47.82	7:39	43
	Lap 5 to 8	00:23:07.39	7:26	27									
	Lap 9 & 10												
40	33/111	9/13	273	Neil Ghezzer	Male	43	Bronx	NY	5	00:23:45.07	01:58:45.35		
	Lap 1 to 4	00:24:12.44	7:47	42	00:24:05.39	7:45	51	00:23:37.05	7:36	43	00:23:28.63	7:33	35
	Lap 5 to 8	00:23:21.83	7:31	31									
	Lap 9 & 10												
41	8/75	1/6	341	Emma Riconda	Female	58	Northport	NY	5	00:23:47.88	01:58:59.40		
	Lap 1 to 4	00:25:11.35	8:06	57	00:23:15.93	7:29	41	00:23:29.94	7:33	41	00:23:32.39	7:34	38
	Lap 5 to 8	00:23:29.78	7:33	33									
	Lap 9 & 10												
42	9/75	2/15	221	Marilyn Caulfield	Female	52	Sayville	NY	5	00:23:54.02	01:59:30.10		
	Lap 1 to 4	00:25:23.78	8:10	58	00:22:47.55	7:20	31	00:22:50.18	7:20	32	00:23:45.79	7:38	41
	Lap 5 to 8	00:24:42.79	7:57	51									
	Lap 9 & 10												
43	34/111	5/13	251	P J Diskin	Male	59	Mineola	NY	5	00:23:58.04	01:59:50.20		
	Lap 1 to 4	00:23:24.22	7:31	33	00:23:29.26	7:33	44	00:23:44.26	7:38	44	00:24:37.83	7:55	53
	Lap 5 to 8	00:24:34.61	7:54	50									
	Lap 9 & 10												
44	35/111	6/13	269	Peter Florey	Male	56	Huntington	NY	5	00:24:01.05	02:00:05.25		
	Lap 1 to 4	00:26:35.19	8:33	78	00:23:12.56	7:28	39	00:23:15.63	7:29	35	00:23:22.30	7:31	32
	Lap 5 to 8	00:23:39.55	7:36	38									
	Lap 9 & 10												
45	36/111	1/5	298	Marc Leahy	Male	27	Northport	NY	5	00:24:09.11	02:00:45.55		
	Lap 1 to 4	00:23:28.89	7:33	37	00:23:00.68	7:24	34	00:23:17.70	7:29	37	00:24:25.66	7:51	48
	Lap 5 to 8	00:26:32.60	8:32	73									
	Lap 9 & 10												
46	37/111	7/17	333	Michael Petsky	Male	52	Manorville	NY	5	00:24:16.63	02:01:23.16		
	Lap 1 to 4	00:23:39.50	7:36	39	00:23:16.08	7:29	42	00:24:21.55	7:50	51	00:24:56.42	8:01	56
	Lap 5 to 8	00:25:09.59	8:05	54									
	Lap 9 & 10												
47	38/111	8/17	210	Paul Bode	Male	50	Smithtown	NY	5	00:24:19.44	02:01:37.20		
	Lap 1 to 4	00:25:26.20	8:11	59	00:23:30.73	7:34	45	00:23:48.02	7:39	45	00:24:31.80	7:53	50
	Lap 5 to 8	00:24:20.44	7:50	46									
	Lap 9 & 10												
48	39/111	5/22	235	Charles Crowe	Male	47	Deer Park	NY	5	00:24:22.33	02:01:51.66		
	Lap 1 to 4	00:24:28.89	7:52	45	00:23:37.39	7:36	47	00:24:00.49	7:43	46	00:24:32.42	7:53	51
	Lap 5 to 8	00:25:12.46	8:06	55									
	Lap 9 & 10												

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49	10/75	3/14	399	Karen Woodward	Female	39	Durham	CT	5	00:24:27.97	02:02:19.88	
	Lap 1 to 4	00:24:39.45	7:56	47	00:24:05.48	7:45	52	00:24:21.55	7:50	00:24:29.46	7:52	49
	Lap 5 to 8	00:24:43.93	7:57	52								
	Lap 9 & 10											
50	40/111	9/17	411	Michael Nolan	Male	52	Sayville	NY	5	00:24:28.34	02:02:21.70	
	Lap 1 to 4	00:24:34.37	7:54	46	00:25:01.59	8:03	64	00:24:04.68	7:44	00:24:19.30	7:49	46
	Lap 5 to 8	00:24:21.75	7:50	47								
	Lap 9 & 10											
51	41/111	8/14	254	John Dullaghan	Male	37	East Northport	NY	5	00:24:32.56	02:02:42.80	
	Lap 1 to 4	00:26:28.46	8:31	75	00:24:40.13	7:56	60	00:24:37.65	7:55	00:23:45.95	7:38	42
	Lap 5 to 8	00:23:10.61	7:27	29								
	Lap 9 & 10											
52	11/75	4/14	394	Rachel Cameron	Female	35	Port Jefferson Sta	NY	5	00:24:36.35	02:03:01.76	
	Lap 1 to 4	00:25:27.48	8:11	60	00:24:08.48	7:46	53	00:24:19.88	7:49	00:25:18.89	8:08	59
	Lap 5 to 8	00:23:47.01	7:39	39								
	Lap 9 & 10											
53	42/111	6/22	321	James Murray	Male	49	Holtsville	NY	5	00:24:48.50	02:04:02.51	
	Lap 1 to 4	00:24:52.46	8:00	52	00:24:00.01	7:43	50	00:25:03.16	8:03	00:25:10.06	8:06	58
	Lap 5 to 8	00:24:56.80	8:01	53								
	Lap 9 & 10											
54	12/75	2/6	201	Nancy Aboff	Female	55	Lloyd Harbor	NY	5	00:24:52.63	02:04:23.16	
	Lap 1 to 4	00:25:02.80	8:03	55	00:25:03.02	8:03	66	00:25:45.50	8:17	00:24:34.37	7:54	52
	Lap 5 to 8	00:23:57.46	7:42	42								
	Lap 9 & 10											
55	13/75	3/6	252	Dolores Doman	Female	58	Dix Hills	NY	5	00:24:53.08	02:04:25.41	
	Lap 1 to 4	00:26:20.95	8:28	73	00:24:38.57	7:55	59	00:24:33.86	7:54	00:24:25.55	7:51	47
	Lap 5 to 8	00:24:26.45	7:51	49								
	Lap 9 & 10											
56	43/111	9/14	304	Ryan Lewis	Male	39	New Fairfield	CT	5	00:24:53.92	02:04:29.62	
	Lap 1 to 4	00:23:28.48	7:33	35	00:23:00.97	7:24	35	00:25:22.08	8:09	00:24:55.56	8:01	55
	Lap 5 to 8	00:27:42.52	8:55	81								
	Lap 9 & 10											
57	44/111	10/14	239	Eric Dalimarta	Male	35	Astoria	NY	5	00:25:01.99	02:05:09.98	
	Lap 1 to 4	00:24:22.77	7:50	43	00:24:14.00	7:47	55	00:24:46.60	7:58	00:25:59.56	8:21	72
	Lap 5 to 8	00:25:47.02	8:17	65								
	Lap 9 & 10											
58	45/111	7/22	263	Keith Ferrara	Male	48	Farmingdale	NY	5	00:25:06.70	02:05:33.51	
	Lap 1 to 4	00:27:26.44	8:49	85	00:24:28.40	7:52	58	00:24:54.81	8:01	00:24:46.55	7:58	54
	Lap 5 to 8	00:23:57.30	7:42	41								
	Lap 9 & 10											
59	46/111	8/22	215	William Byers	Male	45	Huntington	NY	5	00:25:08.09	02:05:40.48	
	Lap 1 to 4	00:24:53.28	8:00	53	00:24:23.05	7:50	57	00:24:56.22	8:01	00:25:37.29	8:14	63
	Lap 5 to 8	00:25:50.63	8:19	67								
	Lap 9 & 10											
60	47/111	9/22	294	Kojiro Katayama	Male	49	Syosset	NY	5	00:25:33.44	02:07:47.21	
	Lap 1 to 4	00:25:43.89	8:16	66	00:25:32.37	8:13	71	00:25:30.88	8:12	00:25:23.50	8:10	60
	Lap 5 to 8	00:25:36.55	8:14	61								
	Lap 9 & 10											

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results

March 1, 2015

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
61	48/111	10/17	259	Frank Favilla	Male	52	Bethpage	NY	5	00:25:34.13	02:07:50.66		
	Lap 1 to 4	00:25:32.10	8:13	61	00:25:06.80	8:04	67	00:24:58.79	8:02	58	00:25:50.64	8:19	67
	Lap 5 to 8	00:26:22.32	8:29	71									
	Lap 9 & 10												
62	14/75	1/7	247	Mary Jo Depaoli Brower	Female	41	Hicksville	NY	5	00:25:34.25	02:07:51.27		
	Lap 1 to 4	00:25:53.67	8:20	68	00:25:51.67	8:19	72	00:25:22.30	8:09	62	00:25:29.88	8:12	61
	Lap 5 to 8	00:25:13.73	8:07	56									
	Lap 9 & 10												
63	49/111	2/7	369	Henry Von Thaden	Male	62	Bethpage	NY	5	00:25:43.56	02:08:37.82		
	Lap 1 to 4	00:25:02.28	8:03	54	00:25:16.05	8:07	68	00:25:36.45	8:14	65	00:26:11.40	8:25	74
	Lap 5 to 8	00:26:31.62	8:32	72									
	Lap 9 & 10												
64	50/111	10/22	319	Nicholas Mitchell	Male	49	Wantagh	NY	5	00:25:45.14	02:08:45.72		
	Lap 1 to 4	00:26:31.92	8:32	77	00:25:18.91	8:08	69	00:25:30.78	8:12	63	00:25:36.59	8:14	62
	Lap 5 to 8	00:25:47.51	8:18	66									
	Lap 9 & 10												
65	51/111	7/13	281	William Herbert	Male	55	Smithtown	NY	5	00:25:45.34	02:08:46.73		
	Lap 1 to 4	00:25:35.79	8:14	65	00:25:54.72	8:20	76	00:25:52.80	8:19	73	00:25:47.40	8:18	65
	Lap 5 to 8	00:25:36.02	8:14	60									
	Lap 9 & 10												
66	15/75	2/8	244	Cristin Delaney Guille	Female	33	Long Beach	NY	5	00:25:49.54	02:09:07.72		
	Lap 1 to 4	00:25:49.53	8:18	67	00:24:53.31	8:00	62	00:25:52.37	8:19	72	00:25:49.99	8:18	66
	Lap 5 to 8	00:26:42.51	8:35	75									
	Lap 9 & 10												
67	52/111	8/13	289	Peter Inserra	Male	57	Fort Salonga	NY	5	00:25:52.88	02:09:24.43		
	Lap 1 to 4	00:25:32.10	8:13	62	00:26:14.65	8:26	80	00:25:21.60	8:09	60	00:26:32.35	8:32	78
	Lap 5 to 8	00:25:43.72	8:16	63									
	Lap 9 & 10												
68	16/75	2/13	282	Lesli Hiller	Female	48	New Hyde Park	NY	5	00:25:58.29	02:09:51.48		
	Lap 1 to 4	00:26:20.75	8:28	71	00:26:13.99	8:26	78	00:25:47.95	8:18	69	00:25:54.65	8:20	70
	Lap 5 to 8	00:25:34.14	8:13	59									
	Lap 9 & 10												
69	53/111	11/22	227	Jason Cohen	Male	47	Manorville	NY	5	00:26:01.58	02:10:07.94		
	Lap 1 to 4	00:27:35.53	8:52	87	00:24:59.81	8:02	63	00:26:09.06	8:25	77	00:25:46.37	8:17	64
	Lap 5 to 8	00:25:37.16	8:14	62									
	Lap 9 & 10												
70	55/111	11/17	320	Bob Monaco	Male	51	Woodbury	NY	5	00:26:03.30	02:10:16.51		
	Lap 1 to 4	00:26:20.75	8:28	72	00:26:14.09	8:26	79	00:25:48.31	8:18	70	00:25:54.80	8:20	71
	Lap 5 to 8	00:25:58.55	8:21	70									
	Lap 9 & 10												
71	54/111	12/22	406	John Graziano	Male	46	Riverhead	NY	5	00:26:03.30	02:10:16.51		
	Lap 1 to 4	00:27:35.99	8:52	88	00:25:01.98	8:03	65	00:26:55.25	8:39	84	00:24:57.55	8:01	57
	Lap 5 to 8	00:25:45.72	8:17	64									
	Lap 9 & 10												
72	17/75	2/5	354	Samantha Simon	Female	27	Yaphank	NY	5	00:26:14.08	02:11:10.43		
	Lap 1 to 4	00:26:07.53	8:24	70	00:25:56.30	8:20	77	00:25:55.74	8:20	74	00:26:18.36	8:28	75
	Lap 5 to 8	00:26:52.47	8:38	78									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results

March 1, 2015

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
73	56/111	13/22	413	Craig Capema	Male	48	Coram	NY	5	00:26:19.35	02:11:36.77		
	Lap 1 to 4	00:27:47.53	8:56	93	00:24:50.81	7:59	61	00:25:49.63	8:18	71	00:26:06.45	8:24	73
	Lap 5 to 8	00:27:02.34	8:42	79									
	Lap 9 & 10												
74	57/111	1/3	218	Frank Capone	Male	67	Wading River	NY	5	00:26:33.77	02:12:48.89		
	Lap 1 to 4	00:25:55.93	8:20	69	00:25:53.88	8:20	75	00:26:10.65	8:25	78	00:27:04.99	8:43	84
	Lap 5 to 8	00:27:43.43	8:55	83									
	Lap 9 & 10												
75	58/111	10/13	324	Sean Negron	Male	43	Merrick	NY	5	00:26:41.27	02:13:26.37		
	Lap 1 to 4	00:24:42.91	7:57	50	00:25:30.65	8:12	70	00:25:56.77	8:21	75	00:26:55.07	8:39	83
	Lap 5 to 8	00:30:20.96	9:46	104									
	Lap 9 & 10												
76	59/111	12/17	398	James Desiderio	Male	51	Deer Park	NY	5	00:26:42.35	02:13:31.78		
	Lap 1 to 4	00:27:39.27	8:54	90	00:27:09.46	8:44	93	00:26:30.23	8:31	80	00:26:18.56	8:28	76
	Lap 5 to 8	00:25:54.25	8:20	69									
	Lap 9 & 10												
77	60/111	2/5	264	Peter Fetzer	Male	27	East Rockaway	NY	5	00:26:47.34	02:13:56.72		
	Lap 1 to 4	00:30:16.42	9:44	127	00:25:53.27	8:19	74	00:25:46.77	8:17	68	00:26:33.79	8:32	79
	Lap 5 to 8	00:25:26.47	8:11	57									
	Lap 9 & 10												
78	18/75	1/3	383	Lauren Wolman	Female	24	Sound Beach	NY	5	00:26:47.47	02:13:57.35		
	Lap 1 to 4	00:30:16.84	9:44	128	00:25:52.85	8:19	73	00:25:46.76	8:17	67	00:26:34.00	8:33	81
	Lap 5 to 8	00:25:26.88	8:11	58									
	Lap 9 & 10												
79	19/75	2/3	224	Anne Marie Cieri	Female	24	Long Branch	NJ	5	00:26:58.75	02:14:53.78		
	Lap 1 to 4	00:27:53.38	8:58	97	00:26:40.52	8:35	86	00:26:14.80	8:26	79	00:26:51.89	8:38	82
	Lap 5 to 8	00:27:13.19	8:45	80									
	Lap 9 & 10												
80	20/75	3/13	347	Dionida Ryce	Female	46	Valley Stream	NY	5	00:26:59.69	02:14:58.48		
	Lap 1 to 4	00:29:19.48	9:26	110	00:24:21.02	7:50	56	00:27:31.39	8:51	89	00:27:12.44	8:45	85
	Lap 5 to 8	00:26:34.14	8:33	74									
	Lap 9 & 10												
81	61/111	14/22	382	Robert Witt	Male	47	Huntington	NY	5	00:27:02.62	02:15:13.15		
	Lap 1 to 4	00:28:52.53	9:17	103	00:27:16.81	8:46	94	00:26:42.03	8:35	81	00:26:28.59	8:31	77
	Lap 5 to 8	00:25:53.17	8:19	68									
	Lap 9 & 10												
82	62/111	11/13	230	Richard Collins	Male	41	Blue Point	NY	5	00:27:21.35	02:16:46.75		
	Lap 1 to 4	00:29:40.41	9:33	114	00:26:33.95	8:33	83	00:25:58.41	8:21	76	00:26:33.91	8:33	80
	Lap 5 to 8	00:28:00.06	9:00	85									
	Lap 9 & 10												
83	63/111	15/22	329	Marco Papaleo	Male	46	Huntington	NY	5	00:27:28.83	02:17:24.18		
	Lap 1 to 4	00:29:56.68	9:38	120	00:28:13.81	9:05	102	00:28:55.63	9:18	106	00:25:53.79	8:20	69
	Lap 5 to 8	00:24:24.25	7:51	48									
	Lap 9 & 10												
84	21/75	3/15	231	Karen Conkling	Female	51	Massapequa	NY	5	00:27:52.86	02:19:24.33		
	Lap 1 to 4	00:27:31.28	8:51	86	00:26:56.06	8:40	88	00:28:01.81	9:01	94	00:28:42.54	9:14	91
	Lap 5 to 8	00:28:12.63	9:04	87									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results

March 1, 2015

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
85	64/111	16/22	392	Kevin Arloff	Male	47	Dix Hills	NY	5	00:27:57.05	02:19:45.27		
	Lap 1 to 4	00:26:22.38	8:29	74	00:26:23.11	8:29	82	00:26:53.63	8:39	82	00:28:52.73	9:17	92
	Lap 5 to 8	00:31:13.40	10:02	117									
	Lap 9 & 10												
86	65/111	17/22	256	Christopher Dunn	Male	49	Rockville Centre	NY	5	00:28:06.04	02:20:30.20		
	Lap 1 to 4	00:26:35.79	8:33	79	00:27:03.81	8:42	91	00:27:38.16	8:53	90	00:32:22.45	10:25	137
	Lap 5 to 8	00:26:49.98	8:38	76									
	Lap 9 & 10												
87	66/111	18/22	303	Joel Lewin	Male	48	Rockville Centre	NY	5	00:28:06.12	02:20:30.61		
	Lap 1 to 4	00:26:36.10	8:33	80	00:27:03.25	8:42	90	00:27:39.21	8:54	92	00:29:32.42	9:30	100
	Lap 5 to 8	00:29:39.63	9:32	94									
	Lap 9 & 10												
88	67/111	3/7	408	Arpan Dangelo	Male	62	Jamaica	NY	5	00:28:10.51	02:20:52.55		
	Lap 1 to 4	00:27:04.35	8:42	82	00:27:37.64	8:53	99	00:27:01.42	8:41	85	00:29:26.27	9:28	99
	Lap 5 to 8	00:29:42.86	9:33	95									
	Lap 9 & 10												
89	22/75	4/15	313	Ingrid Mathison	Female	52	West Hempstead	NY	5	00:28:18.76	02:21:33.80		
	Lap 1 to 4	00:29:19.48	9:26	109	00:27:33.85	8:52	96	00:27:39.04	8:53	91	00:28:21.44	9:07	88
	Lap 5 to 8	00:28:39.98	9:13	90									
	Lap 9 & 10												
90	68/111	11/14	405	Erick Mallia	Male	38	Lynbrook	NY	5	00:28:21.38	02:21:46.93		
	Lap 1 to 4	00:30:08.88	9:42	124	00:26:40.47	8:35	85	00:26:53.80	8:39	83	00:25:52.57	8:19	68
	Lap 5 to 8	00:32:11.20	10:21	126									
	Lap 9 & 10												
91	69/111	13/17	219	Gil Cardillo	Male	54	Riverhead	NY	5	00:28:22.71	02:21:53.55		
	Lap 1 to 4	00:29:10.54	9:23	104	00:29:50.20	9:36	123	00:28:36.18	9:12	100	00:27:24.52	8:49	86
	Lap 5 to 8	00:26:52.10	8:38	77									
	Lap 9 & 10												
92	23/75	3/5	238	Jaclyn Dagnall	Female	26	Great Neck	NY	5	00:28:34.31	02:22:51.55		
	Lap 1 to 4	00:27:51.22	8:57	96	00:27:23.34	8:48	95	00:28:15.00	9:05	96	00:29:13.25	9:24	95
	Lap 5 to 8	00:30:08.73	9:42	99									
	Lap 9 & 10												
93	70/111	9/13	277	David Grosskurth	Male	56	Dix Hills	NY	5	00:28:35.71	02:22:58.56		
	Lap 1 to 4	00:28:46.29	9:15	102	00:29:03.67	9:21	113	00:28:48.49	9:16	103	00:28:16.49	9:06	87
	Lap 5 to 8	00:28:03.61	9:01	86									
	Lap 9 & 10												
94	71/111	2/5	343	Steve Rossi	Male	34	Hauppauge	NY	5	00:28:42.66	02:23:33.30		
	Lap 1 to 4	00:27:19.28	8:47	84	00:27:07.92	8:43	92	00:27:46.91	8:56	93	00:29:11.37	9:23	94
	Lap 5 to 8	00:32:07.82	10:20	124									
	Lap 9 & 10												
95	72/111	14/17	275	Daniel Goldstein	Male	52	Huntington Station	NY	5	00:28:47.84	02:23:59.20		
	Lap 1 to 4	00:27:48.81	8:57	95	00:29:10.49	9:23	114	00:28:57.85	9:19	107	00:29:21.56	9:26	97
	Lap 5 to 8	00:28:40.48	9:13	91									
	Lap 9 & 10												
96	73/111	1/2	265	Stephen Fischer	Male	18	Huntington	NY	5	00:28:48.01	02:24:00.10		
	Lap 1 to 4	00:25:06.70	8:04	56	00:26:36.61	8:33	84	00:27:07.22	8:43	86	00:30:44.75	9:53	118
	Lap 5 to 8	00:34:24.81	11:04	138									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results

March 1, 2015

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
97	24/75	4/13	356	Maureen Stammers Janz	Female	49	Huntington Station	NY	5	00:28:56.36	02:24:41.81		
	Lap 1 to 4	00:27:04.48	8:42	83	00:27:43.36	8:55	100	00:28:50.82	9:17	104	00:29:50.75	9:36	104
	Lap 5 to 8	00:31:12.38	10:02	116									
	Lap 9 & 10												
98	74/111	19/22	339	Jeffrey Reynolds	Male	48	Hauppauge	NY	5	00:28:57.19	02:24:45.97		
	Lap 1 to 4	00:27:47.98	8:56	94	00:28:30.42	9:10	106	00:28:53.40	9:17	105	00:29:16.03	9:25	96
	Lap 5 to 8	00:30:18.12	9:45	103									
	Lap 9 & 10												
99	75/111	15/17	377	Harry Weinblatt	Male	52	Merrick	NY	5	00:29:06.88	02:25:34.41		
	Lap 1 to 4	00:29:31.47	9:30	111	00:28:58.13	9:19	111	00:29:05.01	9:21	110	00:29:06.19	9:22	93
	Lap 5 to 8	00:28:53.58	9:17	92									
	Lap 9 & 10												
100	76/111	4/7	274	Jonathan Golden	Male	61	Glen Head	NY	5	00:29:13.22	02:26:06.13		
	Lap 1 to 4	00:26:29.26	8:31	76	00:27:46.97	8:56	101	00:27:30.42	8:51	88	00:29:53.90	9:37	106
	Lap 5 to 8	00:34:25.56	11:04	139									
	Lap 9 & 10												
101	77/111	2/3	384	Foo Yuen Wong	Male	67	Mill Neck	NY	5	00:29:13.46	02:26:07.34		
	Lap 1 to 4	00:27:41.49	8:54	91	00:28:31.45	9:10	108	00:28:31.47	9:10	98	00:29:48.91	9:35	103
	Lap 5 to 8	00:31:34.00	10:09	122									
	Lap 9 & 10												
102	25/75	3/8	385	Mable Wong	Female	31	Greenlawn	NY	5	00:29:13.52	02:26:07.62		
	Lap 1 to 4	00:27:41.90	8:54	92	00:28:31.24	9:10	107	00:28:31.23	9:10	97	00:29:48.76	9:35	102
	Lap 5 to 8	00:31:34.48	10:09	123									
	Lap 9 & 10												
103	26/75	2/7	358	Zeynep Sumer King	Female	40	Valley Stream	NY	5	00:29:15.26	02:26:16.31		
	Lap 1 to 4	00:29:13.79	9:24	107	00:27:35.79	8:52	97	00:28:08.34	9:03	95	00:30:33.39	9:50	114
	Lap 5 to 8	00:30:44.99	9:53	109									
	Lap 9 & 10												
104	27/75	5/14	372	Alisa Wainio	Female	37	Coram	NY	5	00:29:18.64	02:26:33.21		
	Lap 1 to 4	00:31:10.13	10:01	146	00:29:58.32	9:38	130	00:29:01.91	9:20	109	00:28:39.87	9:13	89
	Lap 5 to 8	00:27:42.97	8:55	82									
	Lap 9 & 10												
105	28/75	6/14	327	Lisa Ospitale	Female	38	South Setauket	NY	5	00:29:19.09	02:26:35.46		
	Lap 1 to 4	00:31:12.43	10:02	147	00:29:58.18	9:38	129	00:28:59.75	9:19	108	00:28:40.48	9:13	90
	Lap 5 to 8	00:27:44.60	8:55	84									
	Lap 9 & 10												
106	78/111	3/3	306	Norman Lison	Male	67	Bayside	NY	5	00:29:44.33	02:28:41.67		
	Lap 1 to 4	00:29:50.40	9:36	116	00:29:23.70	9:27	116	00:29:33.53	9:30	115	00:29:42.87	9:33	101
	Lap 5 to 8	00:30:11.15	9:42	100									
	Lap 9 & 10												
107	79/111	12/13	229	Thomas Coll	Male	44	Massapequa Park	NY	5	00:29:49.76	02:29:08.82		
	Lap 1 to 4	00:30:03.79	9:40	121	00:29:56.54	9:38	127	00:30:04.96	9:40	122	00:30:26.40	9:47	110
	Lap 5 to 8	00:28:37.11	9:12	89									
	Lap 9 & 10												
108	29/75	5/15	309	Susan Maier	Female	51	Long Beach	NY	5	00:29:49.86	02:29:09.30		
	Lap 1 to 4	00:30:04.79	9:40	122	00:29:55.82	9:37	126	00:30:05.07	9:40	123	00:30:29.27	9:48	112
	Lap 5 to 8	00:28:34.34	9:11	88									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results

March 1, 2015

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
109	80/111	16/17	278	Thomas Guarino	Male	54	N. Bellmore	NY	5	00:29:53.34	02:29:26.71		
	Lap 1 to 4	00:30:17.66	9:45	130	00:28:21.10	9:07	103	00:30:11.90	9:43	127	00:30:29.27	9:48	111
	Lap 5 to 8	00:30:06.77	9:41	98									
	Lap 9 & 10												
110	30/75	6/15	270	Debra L Franchi	Female	50	Manorville	NY	5	00:29:53.36	02:29:26.82		
	Lap 1 to 4	00:30:15.83	9:44	125	00:28:35.15	9:12	109	00:29:28.69	9:29	112	00:30:14.48	9:43	109
	Lap 5 to 8	00:30:52.65	9:56	112									
	Lap 9 & 10												
111	31/75	7/14	283	Tara Hofmayer	Female	39	Merrick	NY	5	00:30:00.70	02:30:03.53		
	Lap 1 to 4	00:30:23.29	9:46	132	00:28:43.16	9:14	110	00:29:22.72	9:27	111	00:30:48.11	9:54	119
	Lap 5 to 8	00:30:46.24	9:54	110									
	Lap 9 & 10												
112	32/75	3/7	393	Constance Korol	Female	44	New Hyde Park	NY	5	00:30:04.56	02:30:22.82		
	Lap 1 to 4	00:29:34.51	9:31	113	00:29:34.99	9:31	119	00:30:04.15	9:40	121	00:30:35.54	9:50	115
	Lap 5 to 8	00:30:33.62	9:50	105									
	Lap 9 & 10												
113	81/111	5/7	255	Gerry Dunbar	Male	62	Floral Park	NY	5	00:30:07.05	02:30:35.27		
	Lap 1 to 4	00:29:53.24	9:37	117	00:26:59.86	8:41	89	00:30:09.57	9:42	125	00:29:52.82	9:37	105
	Lap 5 to 8	00:33:39.77	10:50	135									
	Lap 9 & 10												
114	33/75	8/14	335	Anne Picken	Female	39	East Patchogue	NY	5	00:30:07.50	02:30:37.51		
	Lap 1 to 4	00:30:16.23	9:44	126	00:30:13.15	9:43	132	00:30:07.86	9:41	124	00:30:07.69	9:41	108
	Lap 5 to 8	00:29:52.57	9:36	96									
	Lap 9 & 10												
115	34/75	4/8	261	Miriam Fein	Female	33	Plainview	NY	5	00:30:07.76	02:30:38.82		
	Lap 1 to 4	00:29:10.76	9:23	105	00:29:49.97	9:36	122	00:29:57.85	9:38	119	00:31:25.57	10:06	126
	Lap 5 to 8	00:30:14.65	9:44	101									
	Lap 9 & 10												
116	82/111	3/5	236	Nicholas Cuddy	Male	34	Oyster Bay	NY	5	00:30:14.75	02:31:13.76		
	Lap 1 to 4	00:30:20.91	9:46	131	00:29:20.92	9:26	115	00:29:33.60	9:30	116	00:30:40.06	9:52	117
	Lap 5 to 8	00:31:18.25	10:04	118									
	Lap 9 & 10												
117	35/75	5/13	250	Wendy Disilvestro	Female	46	East Northport	NY	5	00:30:21.66	02:31:48.32		
	Lap 1 to 4	00:31:31.52	10:08	149	00:28:58.68	9:19	112	00:29:33.46	9:30	114	00:31:02.03	9:59	122
	Lap 5 to 8	00:30:42.62	9:53	108									
	Lap 9 & 10												
118	36/75	7/15	349	Karen Schackner	Female	52	Dix Hills	NY	5	00:30:22.35	02:31:51.78		
	Lap 1 to 4	00:30:43.29	9:53	139	00:29:56.82	9:38	128	00:30:14.22	9:43	128	00:30:55.48	9:57	121
	Lap 5 to 8	00:30:01.96	9:39	97									
	Lap 9 & 10												
119	83/111	3/5	307	Greg Littell	Male	25	Farmingdale	NY	5	00:30:25.71	02:32:08.57		
	Lap 1 to 4	00:28:31.70	9:10	101	00:28:22.64	9:08	104	00:29:34.54	9:31	117	00:31:41.60	10:12	133
	Lap 5 to 8	00:33:58.07	10:55	137									
	Lap 9 & 10												
120	37/75	5/8	378	Amy Wheeler	Female	34	Babylon	NY	5	00:30:26.95	02:32:14.77		
	Lap 1 to 4	00:30:44.41	9:53	141	00:29:53.09	9:37	125	00:29:31.24	9:30	113	00:30:37.00	9:51	116
	Lap 5 to 8	00:31:29.01	10:07	120									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results

March 1, 2015

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
121	84/111	10/13	390	Stephen Cipot	Male	57	New Hyde Park	NY	5	00:30:26.99	02:32:14.97		
	Lap 1 to 4	00:27:01.24	8:41	81	00:27:37.11	8:53	98	00:28:45.74	9:15	101	00:35:32.86	11:26	152
	Lap 5 to 8	00:33:18.00	10:43	131									
	Lap 9 & 10												
122	38/75	6/8	362	Nicole Tronccone	Female	32	Oyster Bay	NY	5	00:30:37.90	02:33:09.52		
	Lap 1 to 4	00:32:08.72	10:20	155	00:30:38.14	9:51	138	00:30:11.57	9:43	126	00:29:54.19	9:37	107
	Lap 5 to 8	00:30:16.89	9:44	102									
	Lap 9 & 10												
123	39/75	8/15	284	Debbi Hole	Female	52	Islip Terrace	NY	5	00:30:44.76	02:33:43.83		
	Lap 1 to 4	00:30:17.54	9:44	129	00:30:13.26	9:43	133	00:30:43.63	9:53	131	00:31:02.21	9:59	123
	Lap 5 to 8	00:31:27.17	10:07	119									
	Lap 9 & 10												
124	40/75	6/13	297	Constance Lawson	Female	48	Patchogue	NY	5	00:30:51.10	02:34:15.52		
	Lap 1 to 4	00:30:43.90	9:53	140	00:31:13.90	10:03	143	00:30:53.38	9:56	132	00:30:30.07	9:49	113
	Lap 5 to 8	00:30:54.26	9:56	113									
	Lap 9 & 10												
125	85/111	4/5	288	John Inglese	Male	31	Farmingville	NY	5	00:30:56.78	02:34:43.94		
	Lap 1 to 4	00:30:05.22	9:41	123	00:29:25.61	9:28	117	00:31:11.60	10:02	136	00:32:50.82	10:34	139
	Lap 5 to 8	00:31:10.68	10:02	115									
	Lap 9 & 10												
126	41/75	9/15	233	Sue Corrie	Female	54	New Hyde Park	NY	5	00:31:00.46	02:35:02.33		
	Lap 1 to 4	00:30:40.28	9:52	134	00:31:27.26	10:07	147	00:30:03.65	9:40	120	00:31:59.56	10:17	134
	Lap 5 to 8	00:30:51.57	9:55	111									
	Lap 9 & 10												
127	86/111	5/5	404	Vess Mizl	Male	31	Port Jefferson	NY	5	00:31:10.10	02:35:50.53		
	Lap 1 to 4	00:25:34.54	8:13	64	00:26:44.96	8:36	87	00:29:44.64	9:34	118	00:34:37.68	11:08	144
	Lap 5 to 8	00:39:08.69	12:35	152									
	Lap 9 & 10												
128	42/75	7/13	314	Dawn May	Female	47	Sea Cliff	NY	5	00:31:11.11	02:35:55.58		
	Lap 1 to 4	00:29:54.44	9:37	119	00:30:07.91	9:41	131	00:30:53.84	9:56	133	00:31:27.94	10:07	128
	Lap 5 to 8	00:33:31.44	10:47	133									
	Lap 9 & 10												
129	43/75	7/8	225	Kate Cifarelli	Female	30	Oyster Bay	NY	5	00:31:15.83	02:36:19.19		
	Lap 1 to 4	00:31:54.47	10:16	150	00:30:50.14	9:55	140	00:30:34.82	9:50	129	00:31:27.96	10:07	129
	Lap 5 to 8	00:31:31.78	10:08	121									
	Lap 9 & 10												
130	44/75	10/15	213	Hollie Brostek	Female	50	North Babylon	NY	5	00:31:23.22	02:36:56.13		
	Lap 1 to 4	00:32:32.72	10:28	158	00:31:26.40	10:07	146	00:30:56.32	9:57	134	00:31:18.78	10:04	125
	Lap 5 to 8	00:30:41.90	9:52	107									
	Lap 9 & 10												
131	45/75	4/6	412	Maureen Joyce	Female	58	E.northport	NY	5	00:31:36.96	02:38:04.83		
	Lap 1 to 4	00:30:41.46	9:52	138	00:28:25.01	9:08	105	00:28:46.20	9:15	102	00:29:25.99	9:28	98
	Lap 5 to 8	00:40:46.16	13:07	158									
	Lap 9 & 10												
132	46/75	4/5	308	Jill Loveland	Female	29	Hicksville	NY	5	00:31:37.52	02:38:07.63		
	Lap 1 to 4	00:30:40.79	9:52	137	00:31:29.50	10:08	148	00:32:09.89	10:21	141	00:31:38.18	10:10	130
	Lap 5 to 8	00:32:09.25	10:20	125									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results

March 1, 2015

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
133	87/111	4/5	287	Dermot Hoyne	Male	28	Bellmore	NY	5	00:31:38.30	02:38:11.51		
	Lap 1 to 4	00:30:40.46	9:52	135	00:31:31.15	10:08	150	00:32:08.31	10:20	139	00:31:40.27	10:11	132
	Lap 5 to 8	00:32:11.30	10:21	127									
	Lap 9 & 10												
134	47/75	8/13	316	Jennifer Mercurio	Female	45	West Islip	NY	5	00:31:42.11	02:38:30.57		
	Lap 1 to 4	00:31:19.50	10:04	148	00:31:23.36	10:06	144	00:30:35.78	9:50	130	00:32:02.30	10:18	135
	Lap 5 to 8	00:33:09.61	10:40	130									
	Lap 9 & 10												
135	88/111	20/22	344	Samuel Rudman	Male	47	Melville	NY	5	00:31:52.36	02:39:21.84		
	Lap 1 to 4	00:30:37.54	9:51	133	00:31:24.83	10:06	145	00:31:28.28	10:07	137	00:32:29.33	10:27	138
	Lap 5 to 8	00:33:21.84	10:44	132									
	Lap 9 & 10												
136	48/75	9/13	232	Rose Connolly	Female	46	Southold	NY	5	00:31:55.79	02:39:38.97		
	Lap 1 to 4	00:31:02.22	9:59	144	00:30:49.36	9:55	139	00:36:06.07	11:37	166	00:31:06.00	10:00	124
	Lap 5 to 8	00:30:35.31	9:50	106									
	Lap 9 & 10												
137	49/75	9/14	348	Brandy Sandin	Female	37	Northport	NY	5	00:31:59.73	02:39:58.69		
	Lap 1 to 4	00:32:08.31	10:20	153	00:30:37.57	9:51	136	00:31:03.30	9:59	135	00:32:19.33	10:24	136
	Lap 5 to 8	00:33:50.17	10:53	136									
	Lap 9 & 10												
138	50/75	11/15	208	Staci Blanket	Female	50	Old Bethpage	NY	5	00:32:10.88	02:40:54.40		
	Lap 1 to 4	00:33:29.50	10:46	161	00:33:23.47	10:44	159	00:34:04.22	10:57	153	00:30:51.26	9:55	120
	Lap 5 to 8	00:29:05.94	9:21	93									
	Lap 9 & 10												
139	51/75	12/15	387	Deanna Zenn	Female	51	Cold Spring Harbr	NY	5	00:32:12.66	02:41:03.34		
	Lap 1 to 4	00:30:58.78	9:58	143	00:31:33.94	10:09	152	00:32:39.97	10:30	144	00:33:26.94	10:45	141
	Lap 5 to 8	00:32:23.70	10:25	128									
	Lap 9 & 10												
140	52/75	10/13	366	Kimberly Uresk	Female	45	Greenlawn	NY	5	00:32:12.71	02:41:03.55		
	Lap 1 to 4	00:30:58.78	9:58	142	00:31:33.94	10:09	151	00:32:40.22	10:30	146	00:33:26.58	10:45	140
	Lap 5 to 8	00:32:24.02	10:25	129									
	Lap 9 & 10												
141	53/75	4/7	364	Kristin Tufo	Female	42	Nesconset	NY	5	00:32:18.67	02:41:33.36		
	Lap 1 to 4	00:31:02.54	9:59	145	00:31:12.07	10:02	142	00:32:10.32	10:21	143	00:33:33.57	10:48	142
	Lap 5 to 8	00:33:34.84	10:48	134									
	Lap 9 & 10												
142	54/75	11/13	402	Eliana Themistocleous	Female	47	Melville	NY	5	00:32:43.47	02:43:37.35		
	Lap 1 to 4	00:28:22.97	9:08	100	00:29:45.50	9:34	121	00:34:41.12	11:09	156	00:36:12.68	11:39	154
	Lap 5 to 8	00:34:35.07	11:07	141									
	Lap 9 & 10												
143	89/111	21/22	403	Matthew Conroy	Male	45	Melville	NY	5	00:32:43.49	02:43:37.46		
	Lap 1 to 4	00:28:22.56	9:07	99	00:29:44.69	9:34	120	00:34:41.21	11:09	157	00:36:13.30	11:39	155
	Lap 5 to 8	00:34:35.68	11:08	142									
	Lap 9 & 10												
144	55/75	5/5	395	Meylyn Chery	Female	28	Far Rockaway	NY	5	00:33:03.02	02:45:15.10		
	Lap 1 to 4	00:32:08.72	10:20	154	00:30:37.57	9:51	137	00:32:08.54	10:20	140	00:34:32.03	11:06	143
	Lap 5 to 8	00:35:48.24	11:31	147									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results

March 1, 2015

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
145	90/111	6/7	246	Drew Demasters	Male	60	Elmhurst	NY	5	00:33:18.22	02:46:31.10		
	Lap 1 to 4	00:29:18.86	9:26	108	00:30:31.31	9:49	134	00:32:08.20	10:20	138	00:35:12.14	11:19	149
	Lap 5 to 8	00:39:20.58	12:39	155									
	Lap 9 & 10												
146	91/111	17/17	223	Tony Chung	Male	51	Port Washington	NY	5	00:33:28.72	02:47:23.61		
	Lap 1 to 4	00:29:32.28	9:30	112	00:29:52.45	9:36	124	00:33:33.70	10:48	149	00:37:12.33	11:58	162
	Lap 5 to 8	00:37:12.84	11:58	150									
	Lap 9 & 10												
147	56/75	13/15	305	Sharon Liang	Female	51	Smithtown	NY	5	00:34:04.12	02:50:20.62		
	Lap 1 to 4	00:32:27.44	10:26	156	00:31:47.00	10:13	153	00:32:40.16	10:30	145	00:34:51.58	11:13	145
	Lap 5 to 8	00:38:34.42	12:24	151									
	Lap 9 & 10												
148	57/75	5/7	286	Sharon Hoskins	Female	44	Freeport	NY	5	00:34:07.87	02:50:39.37		
	Lap 1 to 4	00:33:53.93	10:54	165	00:32:21.31	10:24	156	00:33:34.95	10:48	150	00:35:27.03	11:24	150
	Lap 5 to 8	00:35:22.13	11:23	145									
	Lap 9 & 10												
149	58/75	8/8	381	Jully Williams	Female	34	Farmingville	NY	5	00:34:11.52	02:50:57.62		
	Lap 1 to 4	00:33:44.77	10:51	164	00:32:18.47	10:23	155	00:34:43.95	11:10	158	00:35:06.18	11:17	147
	Lap 5 to 8	00:35:04.22	11:17	143									
	Lap 9 & 10												
150	59/75	10/14	336	Jenipher Quintanilla	Female	39	North Babylon	NY	5	00:34:12.62	02:51:03.11		
	Lap 1 to 4	00:32:51.79	10:34	159	00:33:40.33	10:50	160	00:33:44.99	10:51	151	00:35:36.16	11:27	153
	Lap 5 to 8	00:35:09.82	11:19	144									
	Lap 9 & 10												
151	60/75	11/14	296	Dawn Konopka	Female	35	Ridge	NY	5	00:34:19.14	02:51:35.72		
	Lap 1 to 4	00:29:54.43	9:37	118	00:30:37.18	9:51	135	00:32:45.24	10:32	147	00:36:37.87	11:47	158
	Lap 5 to 8	00:41:40.99	13:24	162									
	Lap 9 & 10												
152	61/75	5/6	328	Susan Padovano	Female	56	Bay Shore	NY	5	00:34:41.92	02:53:29.62		
	Lap 1 to 4	00:34:27.90	11:05	168	00:34:56.42	11:14	168	00:34:03.85	10:57	152	00:35:32.11	11:26	151
	Lap 5 to 8	00:34:29.32	11:06	140									
	Lap 9 & 10												
153	62/75	14/15	267	Sue Fitzpatrick	Female	54	Dix Hills	NY	5	00:35:33.24	02:57:46.21		
	Lap 1 to 4	00:32:00.37	10:18	152	00:33:41.23	10:50	161	00:35:50.35	11:32	164	00:37:02.49	11:55	160
	Lap 5 to 8	00:39:11.76	12:36	153									
	Lap 9 & 10												
154	63/75	15/15	291	Ilene Jurmann	Female	50	Syosset	NY	5	00:35:34.87	02:57:54.36		
	Lap 1 to 4	00:34:27.80	11:05	167	00:34:56.08	11:14	167	00:35:06.33	11:17	159	00:36:17.08	11:40	156
	Lap 5 to 8	00:37:07.06	11:56	149									
	Lap 9 & 10												
155	92/111	11/13	325	Ray Nieves	Male	57	Westbury	NY	5	00:35:54.17	02:59:30.89		
	Lap 1 to 4	00:29:45.97	9:34	115	00:31:09.32	10:01	141	00:35:46.87	11:30	162	00:40:20.27	12:58	169
	Lap 5 to 8	00:42:28.45	13:40	165									
	Lap 9 & 10												
156	64/75	12/14	217	Cathleen Campisi	Female	38	Selden	NY	5	00:35:59.42	02:59:57.14		
	Lap 1 to 4	00:33:09.17	10:40	160	00:34:22.95	11:03	166	00:35:36.29	11:27	161	00:36:43.76	11:49	159
	Lap 5 to 8	00:40:04.96	12:54	157									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results

March 1, 2015

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
157	65/75	6/6	401	Lucimar Araujo	Female	59	Jamaica	NY	5	00:36:06.83	03:00:34.18		
	Lap 1 to 4	00:35:33.80	11:26	170	00:36:01.03	11:35	171	00:35:47.03	11:31	163	00:36:20.03	11:41	157
	Lap 5 to 8	00:36:52.28	11:52	148									
	Lap 9 & 10												
158	93/111	12/14	301	Keith Lefkof	Male	38	Jamaica Estates	NY	5	00:36:24.86	03:02:04.33		
	Lap 1 to 4	00:31:58.52	10:17	151	00:34:02.85	10:57	163	00:35:21.88	11:22	160	00:38:33.54	12:24	166
	Lap 5 to 8	00:42:07.53	13:33	164									
	Lap 9 & 10												
159	94/111	13/14	368	Jason Vittore	Male	39	Levitown	NY	5	00:37:00.71	03:05:03.56		
	Lap 1 to 4	00:37:59.81	12:13	175	00:33:43.77	10:51	162	00:34:13.09	11:00	154	00:37:29.94	12:04	164
	Lap 5 to 8	00:41:36.94	13:23	161									
	Lap 9 & 10												
160	66/75	3/3	300	Eloisa Leal	Female	20	Brentwood	NY	5	00:37:48.03	03:09:00.16		
	Lap 1 to 4	00:36:31.58	11:45	173	00:36:27.56	11:44	173	00:36:55.50	11:53	169	00:38:03.84	12:15	165
	Lap 5 to 8	00:41:01.67	13:12	159									
	Lap 9 & 10												
161	67/75	13/14	216	Claudia Cabanas	Female	37	Lindenhurst	NY	5	00:38:08.86	03:10:44.33		
	Lap 1 to 4	00:35:10.42	11:19	169	00:35:41.46	11:29	170	00:36:49.83	11:51	168	00:39:13.07	12:37	167
	Lap 5 to 8	00:43:49.54	14:06	166									
	Lap 9 & 10												
162	68/75	1/3	326	Martha Niwa	Female	62	Oyster Bay	NY	5	00:38:27.82	03:12:19.13		
	Lap 1 to 4	00:32:28.79	10:27	157	00:34:22.70	11:03	165	00:37:37.26	12:06	172	00:42:35.96	13:42	173
	Lap 5 to 8	00:45:14.40	14:33	167									
	Lap 9 & 10												
163	69/75	14/14	386	Oksana Yaskiv	Female	36	Roslyn	NY	5	00:38:29.56	03:12:27.83		
	Lap 1 to 4	00:35:35.47	11:27	171	00:38:10.85	12:17	175	00:37:26.38	12:03	171	00:42:02.09	13:31	172
	Lap 5 to 8	00:39:13.03	12:37	154									
	Lap 9 & 10												
164	70/75	12/13	375	Susan Warsaw	Female	48	Coram	NY	5	00:38:35.92	03:12:59.60		
	Lap 1 to 4	00:34:07.30	10:58	166	00:35:02.00	11:16	169	00:37:25.41	12:02	170	00:45:00.00	14:29	175
	Lap 5 to 8	00:41:24.88	13:19	160									
	Lap 9 & 10												
165	71/75	13/13	345	Sam Ryan	Female	46	Smithtown	NY	5	00:38:53.36	03:14:26.85		
	Lap 1 to 4	00:35:59.32	11:34	172	00:36:21.03	11:41	172	00:38:04.15	12:15	173	00:41:57.82	13:30	171
	Lap 5 to 8	00:42:04.52	13:32	163									
	Lap 9 & 10												
166	95/111	22/22	374	Andrew Warsaw	Male	47	Coram	NY	5	00:39:11.92	03:15:59.64		
	Lap 1 to 4	00:33:33.75	10:48	162	00:34:13.13	11:00	164	00:35:53.49	11:33	165	00:37:21.79	12:01	163
	Lap 5 to 8	00:54:57.48	17:41	173									
	Lap 9 & 10												
167	96/111	1/6	407	Peter Farmer	Male	71	New Hyde Park	NY	5	00:39:25.94	03:17:09.73		
	Lap 1 to 4	00:43:58.57	14:09	180	00:37:48.09	12:09	174	00:36:23.70	11:42	167	00:39:15.46	12:38	168
	Lap 5 to 8	00:39:43.90	12:47	156									
	Lap 9 & 10												
168	97/111	12/13	245	Vincent Del-Cid	Male	58	New Hyde Park	NY	5	00:39:46.97	03:18:54.85		
	Lap 1 to 4	00:37:38.29	12:06	174	00:32:26.90	10:26	157	00:41:20.72	13:18	175	00:51:42.67	16:38	180
	Lap 5 to 8	00:35:46.25	11:30	146									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results

March 1, 2015

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
169	98/111	2/6	346	Tim Ryan	Male	71	New York	NY	5	00:42:15.79	03:31:18.97		
	Lap 1 to 4	00:39:22.81	12:40	176	00:43:51.29	14:06	178	00:39:27.36	12:41	174	00:43:05.14	13:52	174
	Lap 5 to 8	00:45:32.36	14:39	168									
	Lap 9 & 10												
170	72/75	6/7	295	Jan Kimbrough	Female	44	Bay Shore	NY	5	00:45:00.94	03:45:04.74		
	Lap 1 to 4	00:39:29.31	12:42	177	00:40:45.19	13:06	176	00:42:38.94	13:43	177	00:47:19.48	15:13	176
	Lap 5 to 8	00:54:51.81	17:39	172									
	Lap 9 & 10												
171	99/111	7/7	302	Lanny Levit	Male	64	Brooklyn	NY	5	00:46:22.79	03:51:53.99		
	Lap 1 to 4	00:42:53.45	13:48	178	00:44:12.22	14:13	179	00:47:07.86	15:10	178	00:48:55.82	15:44	177
	Lap 5 to 8	00:48:44.63	15:41	170									
	Lap 9 & 10												
172	73/75	2/3	389	Gladys Zumba	Female	64	Valleystream	NY	5	00:47:48.43	03:59:02.18		
	Lap 1 to 4	00:42:56.74	13:49	179	00:44:54.93	14:27	180	00:47:37.49	15:19	179	00:50:00.25	16:05	178
	Lap 5 to 8	00:53:32.76	17:14	171									
	Lap 9 & 10												
173	100/111	3/6	258	Bob Falk	Male	71	New York	NY	5	00:49:54.45	04:09:32.29		
	Lap 1 to 4	00:50:58.59	16:24	182	00:49:53.87	16:03	181	00:49:37.12	15:58	180	00:50:52.36	16:22	179
	Lap 5 to 8	00:48:10.35	15:30	169									
	Lap 9 & 10												
174	101/111	4/6	242	Paul Davis	Male	70	Westport	CT	5	00:54:36.23	04:33:01.19		
	Lap 1 to 4	00:49:58.29	16:05	181	00:52:40.86	16:57	183	00:55:28.43	17:51	181	00:55:45.10	17:56	181
	Lap 5 to 8	00:59:08.49	19:02	174									
	Lap 9 & 10												
175	102/111	1/1	391	Howard Kestenbaum	Male	83	Plainview	NY	5	00:57:23.13	04:46:55.65		
	Lap 1 to 4	00:53:23.75	17:11	183	00:56:32.50	18:11	184	00:55:57.47	18:00	182	00:58:06.62	18:42	182
	Lap 5 to 8	01:02:55.28	20:15	175									
	Lap 9 & 10												
176	103/111	5/6	360	Greg Taha	Male	70	Northport	NY	5	01:05:05.55	05:25:27.75		
	Lap 1 to 4	01:00:19.22	19:24	185	01:01:21.37	19:44	185	01:04:09.55	20:38	183	01:06:26.15	21:22	183
	Lap 5 to 8	01:13:11.44	23:33	177									
	Lap 9 & 10												
177	104/111	6/6	205	Barry Aronowsky	Male	74	Greenlawn	NY	5	01:05:05.79	05:25:28.96		
	Lap 1 to 4	00:58:35.30	18:51	184	01:02:08.01	19:59	186	01:05:07.33	20:57	184	01:06:30.33	21:24	184
	Lap 5 to 8	01:13:07.97	23:32	176									
	Lap 9 & 10												
178	74/75	3/3	312	Kathryn Martin	Female	62	Northport	NY	4	00:23:11.85	01:32:47.44		
	Lap 1 to 4	00:25:32.78	8:13	63	00:22:32.80	7:15	29	00:22:36.03	7:16	29	00:22:05.82	7:06	22
	Lap 5 to 8												
	Lap 9 & 10												
179	105/111	2/2	317	Thomas Mihailin	Male	19	East Northport	NY	4	00:28:31.21	01:54:04.84		
	Lap 1 to 4	00:24:05.27	7:45	41	00:26:21.29	8:28	81	00:28:34.55	9:11	99	00:35:03.73	11:17	146
	Lap 5 to 8												
	Lap 9 & 10												
180	106/111	13/13	279	Brian Gunderson	Male	55	Medford	NY	4	00:29:52.83	01:59:31.32		
	Lap 1 to 4	00:27:38.24	8:53	89	00:32:56.87	10:36	158	00:27:29.59	8:50	87	00:31:26.62	10:07	127
	Lap 5 to 8												
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results

March 1, 2015

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
181	107/111	5/5	214	Jonathan Brunot	Male	25	Wappingers Falls	NY	4	00:31:29.69	02:05:58.76		
	Lap 1 to 4	00:30:40.66	9:52	136	00:31:29.63	10:08	149	00:32:10.00	10:21	142	00:31:38.46	10:11	131
	Lap 5 to 8												
	Lap 9 & 10												
182	108/111	13/13	203	Francesco Adamo	Male	42	Port Washington	NY	4	00:32:12.24	02:08:48.98		
	Lap 1 to 4	00:29:12.98	9:24	106	00:29:32.88	9:30	118	00:32:53.01	10:35	148	00:37:10.10	11:57	161
	Lap 5 to 8												
	Lap 9 & 10												
183	75/75	7/7	363	Karena Tsakiris	Female	42	Coram	NY	4	00:33:57.18	02:15:48.73		
	Lap 1 to 4	00:33:44.55	10:51	163	00:32:18.30	10:23	154	00:34:39.31	11:09	155	00:35:06.56	11:18	148
	Lap 5 to 8												
	Lap 9 & 10												
184	109/111	1/2	222	Joseph Choinski	Male	20	East Northport	NY	4	00:37:57.69	02:31:50.76		
	Lap 1 to 4	00:27:54.49	8:58	98	00:42:11.64	13:34	177	00:41:21.01	13:18	176	00:40:23.62	13:00	170
	Lap 5 to 8												
	Lap 9 & 10												
185	110/111	14/14	272	Brandon Garrett	Male	38	Huntington	NY	2	00:23:58.16	00:47:56.33		
	Lap 1 to 4	00:24:47.53	7:58	51	00:23:08.80	7:26	38						
	Lap 5 to 8												
	Lap 9 & 10												
186	111/111	2/2	352	Jamie Schneider	Male	24	Great Neck	NY	2	02:09:54.61	04:19:49.22		
	Lap 1 to 4	03:29:13.00	7:20	186	00:50:36.22	16:17	182						
	Lap 5 to 8												
	Lap 9 & 10												