

# Aspire 10K Run

April 2, 2016

## Overall Results - Female

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1	17/625	1/1	159	Elizabeth Eickelberg	F	24	Leonia	NJ	1	6:02	00:18:47.79	1	5:54	00:18:20.67	5:58	00:37:08.46
2	20/625	1/22	301	Victoria Kornieva-Robitaille	F	28	Amityville	NY	3	6:07	00:19:01.99	2	6:02	00:18:45.21	6:04	00:37:47.20
3	21/625	1/24	360	Katie Mcgrath	F	31	Oakdale	NY	2	6:03	00:18:49.78	3	6:07	00:19:03.08	6:05	00:37:52.86
4	32/625	1/38	651	Kelly Perno Grosser	F	35	Seaford	NY	5	6:24	00:19:55.96	4	6:17	00:19:33.71	6:21	00:39:29.67
5	39/625	2/24	379	Shannon Miller	F	31	Smithtown	NY	4	6:23	00:19:51.71	5	6:28	00:20:06.80	6:25	00:39:58.51
6	41/625	2/38	649	Lauren Jasinski	F	39	Cold Spring Harbor	NY	6	6:25	00:19:56.82	6	6:28	00:20:07.67	6:26	00:40:04.50
7	44/625	1/1	63	Una Broderick	F	49	Wantagh	NY	8	6:27	00:20:04.71	7	6:31	00:20:15.05	6:29	00:40:19.77
8	47/625	2/22	221	Michele Grieco	F	27	Massapequa	NY	7	6:27	00:20:03.83	9	6:36	00:20:32.40	6:32	00:40:36.23
9	50/625	3/38	564	Emily Visconti	F	35	New York	NY	9	6:34	00:20:27.25	10	6:36	00:20:33.27	6:35	00:41:00.52
10	54/625	1/35	125	Noni Degirmenci	F	42	Prt Washingt	NY	10	6:36	00:20:30.80	13	6:45	00:20:59.98	6:40	00:41:30.78
11	55/625	4/38	637	Shari Klarfeld	F	35	Plainview	NY	14	6:45	00:20:59.97	8	6:36	00:20:32.28	6:41	00:41:32.26
12	57/625	1/14	687	Lauren Dorsky	F	20	New York	NY	12	6:38	00:20:37.78	12	6:45	00:20:59.58	6:41	00:41:37.36
13	59/625	2/14	551	Maggie Tighe	F	23	Babylon	NY	11	6:38	00:20:37.78	14	6:46	00:21:03.64	6:42	00:41:41.42
14	66/625	3/14	524	Rachel Staiano	F	23	East Meadow	NY	16	6:55	00:21:32.10	11	6:36	00:20:33.42	6:46	00:42:05.52
15	68/625	1/31	477	Barbara Russo	F	52	Bellport	NY	13	6:43	00:20:54.30	16	6:57	00:21:35.87	6:50	00:42:30.17
16	72/625	5/38	364	Nicole Mcnamara	F	36	Smithtown	NY	15	6:49	00:21:11.14	15	6:56	00:21:33.03	6:52	00:42:44.17
17	84/625	2/35	598	Nicolle Zeman	F	42	Wading River	NY	18	7:01	00:21:48.97	17	7:03	00:21:57.28	7:02	00:43:46.26
18	85/625	3/22	34	Ali Barrett	F	26	Levittown	NY	19	7:02	00:21:53.33	19	7:05	00:22:02.31	7:04	00:43:55.64
19	87/625	4/14	686	Melanie Fiume	F	21	Plainview	NY	21	7:03	00:21:56.90	20	7:06	00:22:06.47	7:05	00:44:03.37
20	96/625	3/24	425	Jessica Petrina	F	34	Old Bethpage	NY	23	7:05	00:22:01.57	21	7:11	00:22:20.56	7:08	00:44:22.14
21	98/625	2/31	540	Nancy Tantone	F	51	West Islip	NY	17	6:59	00:21:44.32	25	7:20	00:22:47.21	7:09	00:44:31.53
22	100/625	3/35	679	Linda Kornreich	F	40	Stony Brook	NY	20	7:03	00:21:55.58	24	7:18	00:22:41.04	7:10	00:44:36.62
23	102/625	4/24	650	Brianne Ricevuto	F	33	West Sayville	NY	25	7:10	00:22:17.83	23	7:13	00:22:26.09	7:11	00:44:43.92
24	103/625	1/35	247	Lesli Hiller	F	49	New Hyde Park	NY	26	7:11	00:22:21.87	22	7:13	00:22:25.42	7:12	00:44:47.30
25	106/625	6/38	684	Trisha Sicurella	F	37	Holbrook	NY	24	7:09	00:22:14.41	26	7:21	00:22:50.88	7:15	00:45:05.29
26	107/625	1/3	288	Kali Keyes	F	16	East Meadow	NY	22	7:05	00:22:01.37	31	7:25	00:23:04.89	7:15	00:45:06.26
27	113/625	5/14	456	Rebecca Reilly	F	24	Wantagh	NY	36	7:29	00:23:16.70	18	7:04	00:21:59.57	7:17	00:45:16.27
28	114/625	3/31	663	Karen Cotty	F	52	East Quogue	NY	27	7:13	00:22:25.83	27	7:21	00:22:53.13	7:17	00:45:18.96
29	120/625	4/31	103	Karen Conkling	F	53	Massapequa	NY	29	7:21	00:22:53.21	29	7:24	00:23:00.44	7:23	00:45:53.66
30	123/625	2/35	145	Kathy Dormer	F	46	Williston Pk	NY	33	7:26	00:23:06.24	28	7:22	00:22:54.71	7:24	00:46:00.96
31	124/625	1/21	420	Linda Ottaviano	F	60	Cold Spring Harbor	NY	30	7:22	00:22:56.33	32	7:25	00:23:05.65	7:24	00:46:01.98
32	129/625	4/22	154	Brittany Dunbar	F	27	Astoria	NY	43	7:32	00:23:25.73	30	7:24	00:23:02.23	7:28	00:46:27.96
33	131/625	4/35	184	Erica Fraiberg	F	42	Greenlawn	NY	31	7:26	00:23:05.82	37	7:31	00:23:23.48	7:28	00:46:29.31
34	133/625	7/38	547	Sarah Thompsen	F	35	Sayville	NY	32	7:26	00:23:06.23	38	7:32	00:23:27.01	7:29	00:46:33.25
35	136/625	5/31	617	Joanne Digraziano	F	52	Smithtown	NY	35	7:29	00:23:16.60	36	7:31	00:23:22.75	7:30	00:46:39.36
36	137/625	1/30	45	Debbie Blair	F	57	Cold Spring Harbor	NY	41	7:32	00:23:24.85	33	7:29	00:23:15.10	7:30	00:46:39.95

# Aspire 10K Run

April 2, 2016

## Overall Results - Female

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
37	138/625	5/22	436	Bethany Porras	F	26	Great Neck	NY	34	7:26	00:23:07.41	41	7:35	00:23:35.78	7:31	00:46:43.19
38	140/625	2/30	320	Mary Lenzi	F	55	Hauppauge	NY	40	7:31	00:23:23.29	35	7:30	00:23:20.84	7:31	00:46:44.14
39	143/625	6/31	163	Monica Enright	F	53	Massapequa	NY	28	7:19	00:22:46.83	42	7:42	00:23:58.41	7:31	00:46:45.25
40	144/625	7/31	523	Adriana Staiano	F	53	East Meadow	NY	44	7:32	00:23:26.76	34	7:30	00:23:19.61	7:31	00:46:46.38
41	148/625	5/24	279	Lauren Kearon	F	32	Hauppauge	NY	42	7:32	00:23:25.32	39	7:34	00:23:30.91	7:33	00:46:56.23
42	149/625	6/22	48	Lisa Bonanni	F	29	Selden	NY	39	7:31	00:23:22.83	40	7:35	00:23:34.43	7:33	00:46:57.26
43	156/625	6/24	328	Jill Loveland	F	30	Long Beach	NY	37	7:30	00:23:20.83	43	7:43	00:24:01.54	7:37	00:47:22.38
44	158/625	3/35	315	Yvonne Leippert	F	48	Coram	NY	38	7:31	00:23:22.33	45	7:44	00:24:04.60	7:38	00:47:26.93
45	164/625	3/30	566	Dee Vogt	F	56	Huntington	NY	45	7:37	00:23:42.32	44	7:44	00:24:04.46	7:41	00:47:46.78
46	169/625	4/30	164	Tracey Epstein	F	55	Smithtown	NY	47	7:39	00:23:46.78	48	7:49	00:24:19.11	7:44	00:48:05.89
47	176/625	8/38	642	Jacqueline Sweet	F	35	Babylon	NY	48	7:42	00:23:58.34	58	7:55	00:24:37.17	7:49	00:48:35.51
48	177/625	4/35	666	Patty Santella	F	48	Syosset	NY	50	7:44	00:24:03.70	53	7:53	00:24:32.58	7:49	00:48:36.28
49	178/625	7/22	886	Sarah Kirsch	F	26	Setauket	NY	46	7:38	00:23:44.54	65	8:00	00:24:53.40	7:49	00:48:37.94
50	179/625	9/38	565	Meredith Vogel	F	37	Melville	NY	55	7:51	00:24:26.26	47	7:47	00:24:13.92	7:49	00:48:40.18
51	183/625	5/30	517	Kim Solomine	F	58	Syosset	NY	49	7:43	00:23:59.23	62	7:58	00:24:46.87	7:50	00:48:46.10
52	187/625	8/31	111	Barbara Cronin-Stagnari	F	54	Mineola	NY	54	7:50	00:24:20.77	57	7:55	00:24:35.92	7:52	00:48:56.69
53	189/625	6/30	404	Karen Nora	F	55	Northport	NY	51	7:44	00:24:04.30	66	8:02	00:24:58.49	7:53	00:49:02.80
54	191/625	5/35	492	Andrea Schieck	F	41	West Sayville	NY	62	8:02	00:24:57.61	46	7:45	00:24:07.85	7:54	00:49:05.46
55	193/625	10/38	398	Andrea Nerlich	F	39	Huntington	NY	59	7:58	00:24:46.83	49	7:49	00:24:19.63	7:54	00:49:06.47
56	197/625	1/11	73	Patricia Butcher	F	55	Hawthorne	NY	53	7:47	00:24:11.40	68	8:04	00:25:06.07	7:55	00:49:17.47
57	201/625	5/35	546	Eliana Themistocleous	F	48	Melville	NY	52	7:46	00:24:09.99	71	8:08	00:25:17.83	7:57	00:49:27.82
58	202/625	9/31	354	Christine Mccain	F	53	Deer Park	NY	61	7:59	00:24:49.84	59	7:55	00:24:38.60	7:57	00:49:28.44
59	204/625	11/38	488	Amanda Scanlan	F	36	Northport	NY	69	8:09	00:25:19.47	50	7:50	00:24:22.32	7:59	00:49:41.79
60	205/625	6/35	244	Stacey Herschmann	F	44	Levittown	NY	65	8:06	00:25:12.59	52	7:53	00:24:31.91	8:00	00:49:44.51
61	207/625	7/35	628	Danielle Leong	F	44	Melville	NY	68	8:07	00:25:14.82	55	7:54	00:24:34.97	8:01	00:49:49.79
62	208/625	7/24	336	Erin Maier	F	33	Centerport	NY	57	7:57	00:24:42.17	69	8:05	00:25:09.42	8:01	00:49:51.60
63	210/625	6/35	335	Annamarie Maiello	F	47	Lk Ronkonkoma	NY	67	8:07	00:25:14.34	60	7:56	00:24:41.32	8:02	00:49:55.67
64	212/625	8/24	56	Jennifer Brennan	F	32	Sayville	NY	73	8:13	00:25:32.73	51	7:52	00:24:27.60	8:02	00:50:00.33
65	217/625	7/35	544	Jenney Tesoriero	F	45	Westbury	NY	71	8:12	00:25:28.84	63	7:59	00:24:50.85	8:05	00:50:19.70
66	219/625	10/31	417	Regina Orelli	F	50	Huntingtn Sta	NY	56	7:56	00:24:39.52	79	8:18	00:25:47.76	8:07	00:50:27.29
67	220/625	8/35	81	Georgia Carden	F	46	Lake Grove	NY	74	8:14	00:25:35.97	64	8:00	00:24:52.46	8:07	00:50:28.43
68	221/625	11/31	339	Lori Mangual	F	51	Merrick	NY	60	7:58	00:24:47.26	75	8:16	00:25:41.49	8:07	00:50:28.76
69	224/625	8/35	235	Julia Hegner	F	42	Wantagh	NY	66	8:06	00:25:12.80	72	8:09	00:25:21.62	8:08	00:50:34.42
70	225/625	9/35	356	Bridget Mccann	F	42	Long Beach	NY	58	7:58	00:24:45.25	82	8:18	00:25:50.02	8:08	00:50:35.27
71	227/625	12/38	13	Heather Ackerly	F	39	Selden	NY	63	8:02	00:24:59.71	77	8:17	00:25:46.72	8:10	00:50:46.44
72	228/625	10/35	23	Michele Ansman	F	44	West Islip	NY	76	8:17	00:25:44.99	67	8:03	00:25:01.68	8:10	00:50:46.67

# Aspire 10K Run

April 2, 2016

## Overall Results - Female

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
73	232/625	7/30	106	Sue Corrie	F	55	New Hyde Park	NY	64	8:05	00:25:09.74	80	8:18	00:25:49.05	8:12	00:50:58.79
74	233/625	6/14	345	Caitlin Martin	F	24	West Babylon	NY	84	8:27	00:26:18.15	61	7:57	00:24:44.29	8:12	00:51:02.45
75	234/625	9/35	587	Kristin Wist	F	46	Bohemia	NY	77	8:21	00:25:57.62	70	8:05	00:25:09.92	8:13	00:51:07.54
76	235/625	10/35	58	Judith Brenner	F	47	Plainview	NY	70	8:10	00:25:23.32	76	8:17	00:25:44.87	8:13	00:51:08.19
77	243/625	13/38	46	Lucie Bloom	F	39	Seaford	NY	78	8:21	00:25:58.24	73	8:13	00:25:32.70	8:17	00:51:30.94
78	247/625	12/31	133	Jennifer Despagna	F	52	Huntington	NY	72	8:12	00:25:29.44	87	8:23	00:26:04.76	8:17	00:51:34.21
79	248/625	13/31	185	Debra Franchi	F	51	Manorville	NY	75	8:14	00:25:37.82	83	8:21	00:25:57.42	8:18	00:51:35.25
80	251/625	14/31	644	Lisa Colby	F	51	Smithtown	NY	79	8:22	00:26:00.69	78	8:18	00:25:47.54	8:20	00:51:48.23
81	254/625	11/35	249	Nicole Hirschman	F	42	Stony Brook	NY	83	8:27	00:26:16.83	74	8:15	00:25:38.73	8:21	00:51:55.56
82	256/625	8/22	377	Kristen Meyer	F	26	Massapequa	NY	82	8:26	00:26:14.30	84	8:21	00:25:58.98	8:24	00:52:13.28
83	258/625	8/30	591	Debra Woloschin	F	55	Remsenburt	NY	81	8:25	00:26:09.30	88	8:24	00:26:06.49	8:24	00:52:15.79
84	264/625	12/35	71	Linda Bumbalo	F	41	N Bellmore	NY	88	8:35	00:26:40.33	81	8:18	00:25:49.20	8:26	00:52:29.53
85	269/625	14/38	340	Lynda Maniscalco	F	39	Patchogue	NY	86	8:30	00:26:24.69	91	8:27	00:26:16.81	8:28	00:52:41.50
86	271/625	9/30	399	Jean Nesbitt	F	57	Miller Place	NY	94	8:37	00:26:49.16	85	8:22	00:26:00.31	8:30	00:52:49.48
87	272/625	13/35	178	Deb Ferry	F	44	Mount Sinai	NY	85	8:29	00:26:21.58	93	8:32	00:26:31.96	8:30	00:52:53.54
88	275/625	9/22	449	Deepa Ramadurai	F	26	Mineola	NY	80	8:22	00:26:01.98	105	8:40	00:26:57.88	8:31	00:52:59.86
89	277/625	11/35	405	Jackie Novak	F	49	E Northport	NY	99	8:42	00:27:04.66	89	8:24	00:26:07.63	8:33	00:53:12.30
90	280/625	10/30	464	Susan Robinson	F	57	Huntingtn Sta	NY	89	8:35	00:26:40.95	101	8:38	00:26:49.56	8:36	00:53:30.51
91	281/625	15/38	635	Stacy Ackerman	F	39	Plainview	NY	95	8:38	00:26:52.33	96	8:36	00:26:43.46	8:37	00:53:35.80
92	282/625	12/35	440	Marina Poulis	F	45	Greenlawn	NY	90	8:35	00:26:42.36	106	8:41	00:27:00.03	8:38	00:53:42.39
93	285/625	2/11	475	Terri Ruane	F	46	Farmingdale	NY	93	8:37	00:26:48.75	103	8:40	00:26:55.87	8:38	00:53:44.62
94	286/625	7/14	256	Elizabeth Huggins	F	22	Lindenhurst	NY	113	8:55	00:27:44.87	86	8:22	00:26:02.63	8:39	00:53:47.50
95	290/625	13/35	372	Jennifer Mercurio	F	46	West Islip	NY	87	8:31	00:26:27.73	113	8:51	00:27:30.50	8:41	00:53:58.23
96	291/625	15/31	144	Ann Dorman	F	54	Woodbury	NY	102	8:46	00:27:14.34	97	8:36	00:26:44.09	8:41	00:53:58.43
97	293/625	8/14	321	Sabrina Levy	F	22	Plainview	NY	98	8:40	00:26:58.73	108	8:43	00:27:07.00	8:42	00:54:05.74
98	294/625	9/24	485	Jennifer Santos	F	32	Levittown	NY	119	8:58	00:27:54.33	90	8:26	00:26:12.62	8:42	00:54:06.95
99	295/625	16/38	527	Kerri Stanganelli	F	35	Williston Pk	NY	103	8:46	00:27:14.34	104	8:40	00:26:55.89	8:43	00:54:10.23
100	296/625	10/22	512	Naomi Smolevitz	F	26	Jersey City	NJ	111	8:54	00:27:40.59	94	8:33	00:26:33.93	8:43	00:54:14.52
101	298/625	1/9	170	Julieann Fahner	F	65	Mineola	NY	109	8:53	00:27:36.83	95	8:34	00:26:38.46	8:43	00:54:15.30
102	299/625	14/35	581	Aimee Welsh	F	41	Huntington	NY	108	8:51	00:27:30.58	100	8:37	00:26:47.41	8:44	00:54:17.99
103	300/625	14/35	342	Linda Manno	F	49	Lindenhurst	NY	91	8:36	00:26:44.33	115	8:53	00:27:36.46	8:44	00:54:20.80
104	302/625	10/24	578	Amanda Watral	F	31	Hauppauge	NY	120	8:59	00:27:57.11	92	8:31	00:26:28.57	8:45	00:54:25.69
105	303/625	16/31	368	Elizabeth Melillo	F	50	Northport	NY	101	8:43	00:27:07.31	112	8:47	00:27:20.40	8:45	00:54:27.71
106	305/625	11/30	394	Eve Nebenhaus	F	55	Manhasset	NY	96	8:39	00:26:52.82	118	8:55	00:27:43.09	8:47	00:54:35.92
107	306/625	17/38	254	Michelle Homan	F	35	Farmingville	NY	116	8:57	00:27:49.95	99	8:37	00:26:47.34	8:47	00:54:37.30
108	307/625	12/30	893	Sheri Mccarthy	F	59	Glen Head	NY	118	8:58	00:27:52.21	98	8:36	00:26:45.32	8:47	00:54:37.53

# Aspire 10K Run

April 2, 2016

## Overall Results - Female

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
109	309/625	17/31	526	Kellie Stamm	F	54	Sayville	NY	97	8:39	00:26:54.24	119	8:55	00:27:44.31	8:47	00:54:38.55
110	312/625	2/21	285	Susan Keogh	F	62	N Bellmore	NY	100	8:43	00:27:06.67	117	8:55	00:27:42.44	8:49	00:54:49.11
111	314/625	18/38	497	Heather Sciara	F	36	Plainview	NY	104	8:46	00:27:14.59	114	8:52	00:27:35.94	8:49	00:54:50.53
112	317/625	18/31	253	Debbi Hole	F	53	Bohemia	NY	117	8:57	00:27:50.34	107	8:41	00:27:01.84	8:49	00:54:52.18
113	319/625	19/38	589	Lisa Wolf	F	37	Forest Hills	NY	123	9:01	00:28:03.73	102	8:38	00:26:52.07	8:50	00:54:55.80
114	320/625	15/35	570	Erika Walker	F	44	Wading River	NY	105	8:47	00:27:19.81	116	8:53	00:27:37.98	8:50	00:54:57.80
115	322/625	20/38	659	Danielle Simone	F	38	West Islip	NY	124	9:02	00:28:05.34	109	8:44	00:27:08.60	8:53	00:55:13.94
116	324/625	3/21	314	Pamela Lee	F	62	Syosset	NY	107	8:49	00:27:24.58	124	8:59	00:27:55.07	8:54	00:55:19.66
117	326/625	4/21	234	Janet Healy	F	63	Syosset	NY	110	8:54	00:27:39.36	126	8:59	00:27:56.18	8:56	00:55:35.55
118	329/625	13/30	110	Susan Critz	F	57	Islip	NY	114	8:56	00:27:47.50	127	9:02	00:28:05.63	8:59	00:55:53.14
119	331/625	5/21	271	Madeleine Johnson-Strang	F	60	Northport	NY	112	8:55	00:27:42.59	129	9:05	00:28:14.22	9:00	00:55:56.81
120	332/625	11/22	414	Courtney Olton	F	26	Levittown	NY	122	9:01	00:28:02.74	123	8:59	00:27:54.99	9:00	00:55:57.73
121	333/625	14/30	350	Fay Mattana	F	57	Great Neck	NY	125	9:03	00:28:09.49	125	8:59	00:27:55.75	9:01	00:56:05.24
122	340/625	21/38	319	Michelle Lenski	F	38	Plainview	NY	134	9:19	00:28:58.59	110	8:47	00:27:19.21	9:03	00:56:17.80
123	341/625	16/35	504	Jill Shwom	F	43	Plainview	NY	133	9:19	00:28:58.56	111	8:47	00:27:19.24	9:03	00:56:17.80
124	344/625	22/38	24	Kelly Archer	F	38	Greenlawn	NY	92	8:36	00:26:45.42	153	9:31	00:29:36.14	9:04	00:56:21.56
125	347/625	11/24	316	Jessica Leis	F	30	Farmingville	NY	115	8:56	00:27:48.32	143	9:13	00:28:40.98	9:05	00:56:29.30
126	349/625	23/38	197	Heather Gaudio	F	37	Smithtown	NY	126	9:13	00:28:39.84	120	8:57	00:27:49.78	9:05	00:56:29.62
127	352/625	6/21	310	Judith Latta	F	61	Garden City	NY	132	9:19	00:28:57.89	121	8:58	00:27:53.08	9:08	00:56:50.97
128	353/625	3/11	313	Jennifer Lee	F	46	Babylon	NY	106	8:49	00:27:23.84	152	9:30	00:29:31.39	9:09	00:56:55.23
129	354/625	15/30	609	Donna Randone	F	55	Dix Hills	NY	121	9:01	00:28:01.53	144	9:17	00:28:53.70	9:09	00:56:55.23
130	355/625	15/35	418	Tina Ortiz	F	46	Garden City	NY	135	9:20	00:29:01.89	122	8:58	00:27:54.53	9:09	00:56:56.42
131	360/625	7/21	455	Mona Rechner	F	63	Saint James	NY	128	9:15	00:28:46.52	132	9:07	00:28:21.74	9:11	00:57:08.26
132	361/625	12/22	493	Nina Schlissel	F	29	Jericho	NY	130	9:17	00:28:53.65	130	9:05	00:28:16.02	9:11	00:57:09.67
133	362/625	16/30	127	Peggy Delaney	F	59	New Hyde Park	NY	129	9:17	00:28:51.34	133	9:08	00:28:23.96	9:12	00:57:15.30
134	366/625	24/38	550	Mary Beth Tiedemann	F	35	West Babylon	NY	141	9:22	00:29:07.32	128	9:05	00:28:13.97	9:13	00:57:21.29
135	371/625	17/35	444	Juli Puglisi	F	41	Dix Hills	NY	136	9:21	00:29:03.19	141	9:12	00:28:38.03	9:17	00:57:41.22
136	372/625	16/35	198	Carla Gauss	F	45	Cold Spring Harbor	NY	127	9:14	00:28:43.69	145	9:19	00:28:57.73	9:17	00:57:41.43
137	373/625	17/35	680	Kim Roffman	F	45	Smithtown	NY	138	9:21	00:29:04.53	142	9:13	00:28:40.97	9:17	00:57:45.50
138	374/625	12/24	441	Colby Povill	F	33	Amityville	NY	145	9:26	00:29:21.19	137	9:09	00:28:27.35	9:18	00:57:48.54
139	376/625	8/21	61	Marie Brewer	F	61	Mineola	NY	147	9:28	00:29:25.27	138	9:10	00:28:31.42	9:19	00:57:56.69
140	378/625	9/21	65	Janice Brown	F	60	Valley Stream	NY	151	9:34	00:29:43.59	134	9:08	00:28:24.73	9:21	00:58:08.32
141	379/625	25/38	123	Genna Davidson	F	36	Old Bethpage	NY	154	9:36	00:29:49.99	135	9:08	00:28:24.81	9:22	00:58:14.80
142	380/625	18/35	74	Rosalia Butera	F	45	N Massapequa	NY	144	9:24	00:29:14.24	146	9:20	00:29:01.30	9:22	00:58:15.54
143	383/625	19/35	560	Maria Vecchione	F	45	East Meadow	NY	155	9:37	00:29:53.84	139	9:11	00:28:34.72	9:24	00:58:28.56
144	384/625	13/22	648	Aimee Ronzetti	F	29	E.northport	NY	143	9:24	00:29:13.41	149	9:25	00:29:15.89	9:24	00:58:29.31

# Aspire 10K Run

April 2, 2016

## Overall Results - Female

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
145	386/625	2/9	588	Gloria Withus	F	65	Brentwood	NY	140	9:21	00:29:05.57	151	9:28	00:29:27.86	9:25	00:58:33.43
146	389/625	18/35	655	Christine Hertel	F	41	Plainview	NY	159	9:44	00:30:15.72	140	9:11	00:28:34.78	9:28	00:58:50.50
147	390/625	10/21	457	Rosemary Reinis	F	62	Amityville	NY	153	9:35	00:29:48.40	147	9:21	00:29:03.30	9:28	00:58:51.70
148	392/625	14/22	250	Marissa Hiruma	F	29	Huntingtn Sta	NY	167	9:52	00:30:41.59	131	9:06	00:28:17.62	9:29	00:58:59.21
149	393/625	19/35	665	Karena Tsakiris	F	43	Coram	NY	131	9:18	00:28:54.59	160	9:41	00:30:05.72	9:29	00:59:00.31
150	394/625	11/21	594	Marianne Zacharia	F	61	E Northport	NY	137	9:21	00:29:04.33	158	9:38	00:29:56.22	9:29	00:59:00.56
151	395/625	17/30	548	Vera Thompson	F	58	North Babylon	NY	152	9:35	00:29:46.73	150	9:26	00:29:19.99	9:30	00:59:06.72
152	396/625	26/38	390	Christina Mueller	F	39	New York	NY	142	9:23	00:29:09.76	159	9:40	00:30:03.92	9:31	00:59:13.68
153	398/625	27/38	173	Dawn Farina	F	39	West Babylon	NY	149	9:32	00:29:38.34	154	9:32	00:29:38.20	9:32	00:59:16.55
154	402/625	4/11	126	Tracy Dehayes	F	33	Islip Terrace	NY	139	9:21	00:29:05.34	163	9:45	00:30:19.93	9:33	00:59:25.27
155	403/625	13/24	167	Carly Etherson	F	34	Nesconset	NY	148	9:31	00:29:36.90	155	9:35	00:29:48.57	9:33	00:59:25.47
156	406/625	28/38	367	Linda Mejias	F	37	Farmingdale	NY							9:36	00:59:40.00
157	408/625	15/22	458	Stephanie Reip	F	25	Massapequa	NY	163	9:49	00:30:30.31	148	9:23	00:29:12.21	9:36	00:59:42.52
158	410/625	20/35	175	Teresa Farrugia	F	43	Massapequa Park	NY	157	9:42	00:30:09.97	157	9:36	00:29:52.24	9:39	01:00:02.22
159	415/625	5/11	470	Karen Rose	F	45	Glen Cove	NY	150	9:32	00:29:39.17	175	9:59	00:31:01.39	9:45	01:00:40.56
160	417/625	2/3	890	Madeline Lipponer	F	17	Patchogue	NY	146	9:26	00:29:21.34	187	10:07	00:31:28.17	9:47	01:00:49.51
161	418/625	1/9	421	Carolyn Paidoussis	F	45	West Islip	NY	165	9:51	00:30:38.22	162	9:44	00:30:17.42	9:48	01:00:55.65
162	422/625	16/22	162	Juleen Elizee	F	25	Great Neck	NY	180	10:04	00:31:16.72	156	9:36	00:29:52.11	9:50	01:01:08.83
163	423/625	29/38	668	Alycia Blaeser	F	35	Plainview	NY	164	9:50	00:30:34.78	168	9:50	00:30:34.85	9:50	01:01:09.63
164	424/625	21/35	652	Melissa Horowitz	F	42	Plainview	NY	158	9:43	00:30:12.63	173	9:57	00:30:57.62	9:50	01:01:10.25
165	425/625	20/35	479	Dominique Saint-Joy-Hill	F	45	Franklin Sq	NY	169	9:56	00:30:54.44	164	9:47	00:30:24.87	9:52	01:01:19.31
166	426/625	14/24	466	Stephanie Rocha	F	33	Massapequa Park	NY	211	10:35	00:32:55.46	136	9:09	00:28:25.78	9:52	01:01:21.24
167	428/625	18/30	482	Carol Sandquist	F	58	Garden City	NY	182	10:04	00:31:18.49	161	9:41	00:30:06.32	9:52	01:01:24.81
168	433/625	3/9	215	Abby Gonzalez	F	68	Dix Hills	NY	156	9:41	00:30:05.28	188	10:07	00:31:28.34	9:54	01:01:33.63
169	434/625	6/11	92	Alexandra Chmil	F	25	Garden City	NY	160	9:46	00:30:22.59	179	10:02	00:31:11.22	9:54	01:01:33.81
170	435/625	30/38	75	Claudia Cabanas	F	38	Lindenhurst	NY	177	10:02	00:31:11.34	165	9:47	00:30:25.47	9:54	01:01:36.81
171	437/625	9/14	91	Dorothy Chiapperino	F	23	Lindenhurst	NY	170	9:57	00:30:57.90	169	9:52	00:30:41.91	9:55	01:01:39.81
172	438/625	21/35	688	Jacqui Koplik	F	49	Wantagh	NY	171	9:58	00:30:58.50	171	9:54	00:30:48.31	9:56	01:01:46.81
173	439/625	19/30	552	Brenda Tirsun	F	55	Port Washington	NY	168	9:54	00:30:48.48	174	9:58	00:31:00.18	9:56	01:01:48.67
174	441/625	22/35	647	Meredith Bake	F	45	Plainview	NY	173	9:59	00:31:01.96	178	10:01	00:31:07.60	10:00	01:02:09.56
175	443/625	12/21	361	Jane Mcgraw	F	62	E Northport	NY	172	9:58	00:30:58.59	180	10:03	00:31:15.05	10:00	01:02:13.64
176	445/625	15/24	365	Danielle Mebert	F	33	Bronx	NY	178	10:02	00:31:13.30	177	10:00	00:31:05.65	10:01	01:02:18.95
177	446/625	16/24	94	Ashleigh Churchward	F	32	Westbury	NY	183	10:04	00:31:19.29	176	10:00	00:31:04.52	10:02	01:02:23.81
178	448/625	2/9	112	Laurie Crossman	F	53	Centerport	NY	179	10:03	00:31:15.85	181	10:03	00:31:15.82	10:03	01:02:31.67
179	449/625	4/9	14	Rebekah Ackerman	F	65	Centereach	NY	194	10:10	00:31:37.57	172	9:57	00:30:55.81	10:04	01:02:33.39
180	451/625	20/30	671	Anita Von Himmel	F	55	Massapequa	NY	166	9:52	00:30:40.59	192	10:16	00:31:55.72	10:04	01:02:36.31

# Aspire 10K Run

April 2, 2016

## Overall Results - Female

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
181	452/625	22/35	584	Cara Winer	F	41	Woodbury	NY	181	10:04	00:31:17.47	186	10:07	00:31:27.71	10:05	01:02:45.18
182	453/625	7/11	498	Lisa Shackman	F	45	Plainview	NY	188	10:08	00:31:29.84	182	10:03	00:31:16.15	10:06	01:02:46.00
183	455/625	10/14	146	Samantha Dowd	F	20	Simsbury	CT	162	9:47	00:30:25.61	203	10:26	00:32:25.96	10:06	01:02:51.57
184	456/625	8/11	471	Robyn Rothman	F	38	Briarwood	NY	190	10:08	00:31:31.81	183	10:05	00:31:21.71	10:07	01:02:53.52
185	457/625	19/31	641	Rosemary Jones	F	54	Babylon	NY	202	10:26	00:32:27.69	167	9:49	00:30:32.71	10:08	01:03:00.40
186	458/625	20/31	615	Maria Campese	F	51	Garden City	NY	203	10:27	00:32:28.10	166	9:49	00:30:32.51	10:08	01:03:00.61
187	460/625	17/22	205	Alana Giron	F	25	Plainview	NY	191	10:09	00:31:32.49	189	10:08	00:31:31.78	10:08	01:03:04.28
188	461/625	31/38	135	Natalia Diaz	F	39	Bethpage	NY	185	10:05	00:31:21.11	191	10:12	00:31:44.59	10:09	01:03:05.70
189	462/625	11/14	96	Aly Ciccone	F	20	Huntington	NY	161	9:47	00:30:25.59	208	10:32	00:32:44.61	10:09	01:03:10.20
190	465/625	23/35	200	Christine Geller	F	40	Bethpage	NY	187	10:05	00:31:21.53	194	10:16	00:31:56.78	10:11	01:03:18.31
191	466/625	21/30	12	Diane Abrams	F	58	Greenlawn	NY	175	10:01	00:31:08.27	200	10:22	00:32:15.63	10:12	01:03:23.90
192	467/625	32/38	141	Colleen Dlugolecki	F	35	New Hyde Park	NY	197	10:18	00:32:01.51	185	10:05	00:31:22.66	10:12	01:03:24.18
193	469/625	22/30	36	Maria Basile-Farash	F	56	West Babylon	NY	196	10:16	00:31:55.43	190	10:09	00:31:32.38	10:12	01:03:27.81
194	470/625	23/30	214	Amy Goldstein	F	56	Farmingdale	NY	176	10:01	00:31:10.33	202	10:24	00:32:20.34	10:13	01:03:30.68
195	473/625	24/35	557	Karen Trovato	F	44	Massapequa	NY	186	10:05	00:31:21.33	201	10:23	00:32:18.18	10:14	01:03:39.52
196	474/625	5/9	181	Anne Fitzgibbon	F	67	Glen Cove	NY	193	10:10	00:31:35.94	198	10:19	00:32:04.82	10:14	01:03:40.76
197	475/625	21/31	16	Alice Aiello	F	52	Saint James	NY	192	10:09	00:31:34.32	199	10:20	00:32:07.99	10:15	01:03:42.32
198	476/625	22/31	88	Catherine Casey	F	53	Mount Sinai	NY	174	10:00	00:31:05.81	205	10:30	00:32:37.75	10:15	01:03:43.56
199	477/625	9/11	438	Lianna Portnoy	F	27	Brooklyn	NY	200	10:25	00:32:22.34	184	10:05	00:31:22.17	10:15	01:03:44.52
200	480/625	23/35	37	Diana Bass	F	47	Plainview	NY	198	10:20	00:32:07.22	197	10:18	00:32:01.03	10:19	01:04:08.25
201	481/625	24/30	188	Maria Fucella	F	55	Levittown	NY	199	10:22	00:32:12.69	195	10:17	00:31:57.81	10:19	01:04:10.50
202	483/625	13/21	147	Fran Dowling	F	62	North Baldwin	NY	205	10:28	00:32:33.46	193	10:16	00:31:56.69	10:22	01:04:30.15
203	487/625	23/31	176	Annamarie Favarolo	F	50	West Islip	NY	195	10:14	00:31:49.56	216	10:45	00:33:25.00	10:29	01:05:14.57
204	488/625	25/35	303	Valerie Kucz waj	F	41	Floral Park	NY	231	11:07	00:34:32.73	170	9:53	00:30:43.94	10:30	01:05:16.67
205	490/625	18/22	496	Melissa Schuck	F	25	Levittown	NY	201	10:25	00:32:24.41	212	10:38	00:33:05.27	10:32	01:05:29.68
206	491/625	25/30	116	Kathleen Cuff	F	55	Kings Park	NY	212	10:36	00:32:56.84	204	10:29	00:32:36.72	10:33	01:05:33.57
207	492/625	24/31	227	Sharon Gunther	F	53	E Northport	NY	217	10:48	00:33:36.34	196	10:17	00:31:58.45	10:33	01:05:34.80
208	493/625	24/35	549	Christine Thorp	F	49	Ronkonkoma	NY	206	10:30	00:32:40.20	209	10:36	00:32:56.40	10:33	01:05:36.60
209	494/625	26/35	240	Marie Heppner	F	44	Floral Park	NY	204	10:27	00:32:28.71	217	10:46	00:33:28.66	10:36	01:05:57.38
210	495/625	27/35	369	Andrea Melore	F	44	Saint James	NY	184	10:05	00:31:20.71	231	11:10	00:34:41.83	10:37	01:06:02.54
211	496/625	12/14	501	Jaclyn Sheehan	F	23	Old Bethpage	NY	189	10:08	00:31:31.80	230	11:09	00:34:39.91	10:39	01:06:11.71
212	499/625	1/3	98	Helma Clavin	F	72	Lk Ronkonkoma	NY	209	10:34	00:32:52.34	219	10:50	00:33:42.56	10:42	01:06:34.91
213	500/625	25/31	604	Maria Bradley	F	50	Bethpage	NY	210	10:35	00:32:54.82	220	10:51	00:33:42.93	10:43	01:06:37.76
214	501/625	25/35	426	Irene Petr soric	F	46	Old Bethpage	NY	223	10:55	00:33:55.68	206	10:31	00:32:42.88	10:43	01:06:38.56
215	502/625	26/35	472	Wendy Rothman	F	48	Old Bethpage	NY	224	10:55	00:33:56.50	207	10:31	00:32:43.24	10:43	01:06:39.74
216	505/625	28/35	355	Nina Mccann	F	44	Williston Pk	NY	216	10:45	00:33:25.34	215	10:45	00:33:24.97	10:45	01:06:50.32

# Aspire 10K Run

April 2, 2016

## Overall Results - Female

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
217	506/625	33/38	468	Jorgelina Romano	F	36	Bethpage	NY	208	10:32	00:32:45.73	224	10:59	00:34:08.62	10:46	01:06:54.36
218	507/625	26/31	190	Lori Fuller	F	52	Roslyn Hts	NY	215	10:44	00:33:21.86	218	10:49	00:33:38.46	10:46	01:07:00.32
219	508/625	29/35	21	Melissa Altschuler	F	43	Freeport	NY	218	10:51	00:33:44.32	214	10:43	00:33:20.48	10:47	01:07:04.81
220	509/625	26/30	52	Maureen Boyle	F	56	East Islip	NY	221	10:54	00:33:53.85	213	10:41	00:33:13.40	10:48	01:07:07.25
221	514/625	27/35	168	Jacqueline Fagan	F	49	Long Beach	NY	214	10:44	00:33:21.29	223	10:58	00:34:07.21	10:51	01:07:28.51
222	515/625	28/35	646	Lynn Bekerman	F	46	Syosset	NY	230	11:06	00:34:32.10	211	10:38	00:33:03.08	10:52	01:07:35.18
223	516/625	3/9	669	Lisa Krachenfels	F	24	Plainview	NY	213	10:37	00:33:00.56	229	11:08	00:34:35.62	10:52	01:07:36.19
224	518/625	34/38	191	Michelle Fussell	F	35	Hempstead	NY	222	10:54	00:33:53.85	227	11:00	00:34:13.72	10:57	01:08:07.57
225	519/625	27/30	670	Joellen Elsener	F	58	Deer Park	NY	219	10:52	00:33:46.38	228	11:03	00:34:21.94	10:57	01:08:08.32
226	524/625	2/3	51	Hilory Boucher Carlin	F	70	Northport	NY	225	11:02	00:34:18.84	225	10:59	00:34:10.04	11:01	01:08:28.89
227	526/625	35/38	193	Kieran Gallogly	F	37	Garden City	NY	227	11:04	00:34:23.96	226	11:00	00:34:13.24	11:02	01:08:37.20
228	527/625	27/31	11	Elizabeth Abarca	F	54	Bethpage	NY	220	10:53	00:33:50.34	232	11:12	00:34:48.98	11:02	01:08:39.32
229	528/625	17/24	211	Sara Goldgraben	F	31	Lk Ronkonkoma	NY	207	10:31	00:32:42.64	240	11:34	00:35:58.65	11:03	01:08:41.30
230	530/625	18/24	515	Heather Softy	F	33	Bethpage	NY	235	11:09	00:34:40.49	221	10:57	00:34:03.23	11:03	01:08:43.72
231	532/625	19/22	257	Brittany Hughes	F	25	Shirley	NY	247	11:32	00:35:51.99	210	10:37	00:33:00.36	11:05	01:08:52.36
232	534/625	4/9	19	Luanne Alicea	F	43	Massapequa Park	NY	228	11:04	00:34:25.59	233	11:13	00:34:51.61	11:09	01:09:17.20
233	535/625	19/24	196	Samantha Gaskin	F	30	Mineola	NY	229	11:05	00:34:26.60	234	11:13	00:34:51.63	11:09	01:09:18.23
234	538/625	30/35	543	Mary Tercynski	F	44	Williston Pk	NY	242	11:25	00:35:29.61	222	10:58	00:34:06.11	11:11	01:09:35.72
235	541/625	6/9	424	Elizabeth Penagos	F	68	Glen Cove	NY	226	11:02	00:34:19.50	241	11:35	00:36:01.08	11:19	01:10:20.58
236	542/625	28/30	352	Virginia Maya	F	55	Plainview	NY	239	11:20	00:35:12.98	235	11:19	00:35:10.53	11:19	01:10:23.51
237	544/625	10/11	286	Alyssa Keslowitz	F	33	Plainview	NY	234	11:09	00:34:39.27	248	11:43	00:36:26.08	11:26	01:11:05.36
238	545/625	29/35	104	Peilin Corbanese	F	46	Armonk	NY	233	11:09	00:34:38.98	249	11:48	00:36:40.49	11:28	01:11:19.47
239	546/625	20/24	423	Christina Pawlowski	F	31	N Bellmore	NY	232	11:08	00:34:35.99	250	11:51	00:36:49.57	11:29	01:11:25.57
240	548/625	30/35	521	Lilly Spiegel	F	49	Bellmore	NY	243	11:27	00:35:36.98	242	11:36	00:36:02.72	11:31	01:11:39.70
241	549/625	31/35	487	Laurie Sarquis	F	43	Patchogue	NY	250	11:43	00:36:24.98	236	11:21	00:35:16.55	11:32	01:11:41.53
242	550/625	28/31	473	Karen Rothschild	F	50	Floral Park	NY	241	11:25	00:35:29.34	244	11:39	00:36:14.49	11:32	01:11:43.84
243	551/625	31/35	259	Carolyn Hummel	F	47	Hauppauge	NY	249	11:41	00:36:19.85	237	11:24	00:35:27.48	11:33	01:11:47.33
244	552/625	29/31	561	Cheryl Venditto	F	51	Smithtown	NY	244	11:29	00:35:41.81	243	11:37	00:36:05.77	11:33	01:11:47.59
245	553/625	32/35	674	Kelly Rhatigan	F	42	Merrick	NY	248	11:39	00:36:13.76	238	11:26	00:35:34.10	11:33	01:11:47.87
246	554/625	32/35	446	Christine Quigley	F	47	Bayville	NY	252	11:48	00:36:39.99	239	11:28	00:35:37.81	11:38	01:12:17.80
247	555/625	14/21	252	Rochelle Holden	F	62	Westbury	NY	245	11:30	00:35:44.86	251	11:54	00:36:59.99	11:42	01:12:44.86
248	556/625	36/38	348	Lauren Marwil	F	36	Woodbury	NY	240	11:24	00:35:27.24	254	12:00	00:37:18.62	11:42	01:12:45.86
249	557/625	5/9	454	Nicole Realmuto	F	37	Centereach	NY	254	11:51	00:36:51.17	247	11:41	00:36:20.16	11:46	01:13:11.33
250	558/625	21/24	481	Arielisa Sanchez	F	30	Bronx	NY	255	11:51	00:36:51.35	246	11:41	00:36:20.00	11:46	01:13:11.36
251	559/625	29/30	296	Joanne Kong	F	57	West Babylon	NY	246	11:31	00:35:47.84	255	12:03	00:37:27.49	11:47	01:13:15.33
252	560/625	37/38	452	Melissa Read	F	36	Wantagh	NY	257	11:56	00:37:05.37	245	11:40	00:36:15.92	11:48	01:13:21.29

# Aspire 10K Run

April 2, 2016

## Overall Results - Female

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
253	562/625	33/35	891	Clare Lipponer	F	42	Patchogue	NY	237	11:17	00:35:05.71	259	12:28	00:38:46.87	11:53	01:13:52.58
254	563/625	15/21	878	Judi Gallop	F	64	W.Islip	NY	236	11:17	00:35:04.87	263	12:32	00:38:57.97	11:54	01:14:02.84
255	564/625	3/3	889	Belle Lipponer	F	15	Patchogue	NY	238	11:18	00:35:07.29	261	12:31	00:38:56.04	11:55	01:14:03.34
256	565/625	16/21	85	Patricia Carroll	F	64	West Islip	NY	258	12:01	00:37:23.12	252	11:58	00:37:11.21	12:00	01:14:34.33
257	568/625	3/3	439	Karen Potenza	F	73	Northport	NY	262	12:16	00:38:08.62	253	11:59	00:37:15.03	12:07	01:15:23.66
258	570/625	6/9	406	Nancy Nowak	F	47	Mineola	NY	251	11:47	00:36:38.88	262	12:32	00:38:56.56	12:09	01:15:35.44
259	572/625	17/21	612	Rosemary Camilleri	F	61	Sayville	NY	256	11:53	00:36:58.30	258	12:26	00:38:40.18	12:10	01:15:38.49
260	574/625	11/11	573	Donna Walter	F	44	Greenlawn	NY	260	12:09	00:37:47.67	256	12:12	00:37:56.71	12:11	01:15:44.38
261	575/625	20/22	55	Veronica Brendel	F	26	Freeport	NY	253	11:50	00:36:48.30	264	12:35	00:39:08.03	12:13	01:15:56.34
262	578/625	22/24	516	Laura Softy	F	31	Bethpage	NY	259	12:09	00:37:46.85	268	12:39	00:39:18.94	12:24	01:17:05.79
263	579/625	7/9	77	Gladys Campoverde	F	65	Valley Stream	NY	266	12:21	00:38:23.85	260	12:29	00:38:47.70	12:25	01:17:11.55
264	580/625	33/35	264	Kelly Ingram	F	48	East Islip	NY	270	12:26	00:38:39.59	257	12:25	00:38:34.81	12:25	01:17:14.40
265	581/625	18/21	238	Alina Heller	F	61	Prt Washingt	NY	264	12:17	00:38:10.60	265	12:36	00:39:08.99	12:26	01:17:19.59
266	582/625	19/21	502	Kathy Sheridan	F	60	E Northport	NY	261	12:15	00:38:04.58	267	12:38	00:39:15.26	12:26	01:17:19.84
267	583/625	34/35	136	Ann Diers	F	47	Bethpage	NY	263	12:16	00:38:09.30	266	12:37	00:39:13.68	12:27	01:17:22.98
268	587/625	35/35	416	Tricia O'neill	F	46	Ctr Moriches	NY	271	12:27	00:38:41.29	269	12:40	00:39:22.55	12:33	01:18:03.84
269	589/625	7/9	54	Tonia Brendel	F	55	Freeport	NY	265	12:18	00:38:15.10	273	13:14	00:41:08.09	12:46	01:19:23.19
270	590/625	1/3	503	Kate Shreck	F	78	Centerport	NY	267	12:24	00:38:32.48	271	13:10	00:40:55.03	12:47	01:19:27.51
271	591/625	20/21	219	Deeann Grappone	F	61	Bethpage	NY	272	12:48	00:39:48.10	270	12:50	00:39:54.46	12:49	01:19:42.56
272	592/625	8/9	72	Patricia Bush	F	61	East Islip	NY	269	12:26	00:38:39.26	272	13:13	00:41:04.51	12:49	01:19:43.78
273	594/625	9/9	291	Rebecca Kittrell	F	42	Long Beach	NY	273	12:50	00:39:53.81	276	13:25	00:41:44.03	13:08	01:21:37.85
274	595/625	1/1	260	Danielle Hummel	F	14	Hauppauge	NY	268	12:26	00:38:38.64	277	13:56	00:43:20.16	13:11	01:21:58.80
275	596/625	2/3	602	Joan Ackerman	F	75	Farmingdale	NY	274	13:09	00:40:53.85	274	13:18	00:41:19.99	13:13	01:22:13.85
276	598/625	23/24	627	Amanda Strong	F	32	Patchogue	NY	275	13:31	00:42:02.48	275	13:23	00:41:36.12	13:27	01:23:38.60
277	599/625	8/9	606	Fran Lischner Call	F	66	Old Bethpage	NY	277	13:43	00:42:37.39	279	14:10	00:44:01.95	13:56	01:26:39.34
278	600/625	9/9	42	Sherry Bellovin	F	69	N Massapequa	NY	278	13:49	00:42:56.55	280	14:11	00:44:06.55	14:00	01:27:03.10
279	602/625	34/35	373	Carol Merritt	F	44	Plainview	NY	276	13:35	00:42:14.27	281	14:39	00:45:32.84	14:07	01:27:47.11
280	605/625	21/22	429	Christina Pietras	F	27	Westbury	NY	280	14:12	00:44:09.85	278	14:08	00:43:55.75	14:10	01:28:05.61
281	606/625	3/3	223	Ginny Guichard	F	78	Melville	NY	293	20:35	01:03:58.63	54	7:54	00:24:32.77	14:14	01:28:31.40
282	607/625	30/31	192	Sheri Gaitings	F	54	Huntington	NY	292	20:34	01:03:56.98	56	7:54	00:24:35.33	14:14	01:28:32.31
283	611/625	38/38	505	Virginia Silvestro	F	38	Levittown	NY	279	14:03	00:43:42.19	285	15:09	00:47:05.68	14:36	01:30:47.87
284	612/625	24/24	630	Alexandra Zendrian	F	31	E.northport	NY	282	14:46	00:45:54.94	283	15:01	00:46:41.58	14:54	01:32:36.52
285	613/625	35/35	201	Michelle Geller	F	40	Plainview	NY	281	14:20	00:44:32.42	288	15:38	00:48:34.95	14:59	01:33:07.37
286	614/625	21/21	506	Linda Simon	F	62	Jericho	NY	285	15:13	00:47:19.60	284	15:08	00:47:02.93	15:11	01:34:22.54
287	615/625	1/1	179	Alexandra Finger	F	81	Pearl River	NY	283	15:03	00:46:45.66	287	15:24	00:47:53.83	15:13	01:34:39.49
288	617/625	30/30	226	Maureen Gunderson	F	57	Medford	NY	284	15:10	00:47:07.59	286	15:22	00:47:46.78	15:16	01:34:54.37



# Aspire 10K Run

April 2, 2016

## Overall Results - Female

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
289	618/625	22/22	884	Athena Illiou	F	27	W.Babylon	NY	287	15:33	00:48:21.74	289	15:42	00:48:48.37	15:38	01:37:10.12
290	619/625	31/31	885	Maria Illiou	F	50	W.Babylon	NY	286	15:33	00:48:21.54	290	15:42	00:48:48.57	15:38	01:37:10.12
291	622/625	13/14	507	Nina Simon	F	23	Old Bethpage	NY	289	17:44	00:55:07.76	282	14:50	00:46:07.05	16:17	01:41:14.82
292	623/625	1/1	20	Veronica Allen	F	86	Prt Washingt	NY	288	16:46	00:52:07.56	291	16:16	00:50:33.74	16:31	01:42:41.30
293	624/625	14/14	899	Tara Sanders	F	22	Wading River	NY	291	17:50	00:55:24.65	292	17:07	00:53:11.95	17:28	01:48:36.60

# Aspire 10K Run

April 2, 2016

## Overall Results - Male

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1	1/625	1/1	569	Yuji Wakimoto	M	24	Port Jeff Sta	NY	1	5:19	00:16:32.82	1	5:06	00:15:50.77	5:12	00:32:23.60
2	2/625	1/21	333	Sean Mahon	M	30	Merrick	NY	2	5:19	00:16:32.85	3	5:24	00:16:47.53	5:21	00:33:20.38
3	3/625	1/14	639	Joe Grieco	M	24	Massapequa	NY	3	5:22	00:16:41.55	4	5:25	00:16:50.70	5:23	00:33:32.26
4	4/625	1/21	625	Aaron Robertson	M	37	Melville	NY	5	5:30	00:17:07.32	2	5:20	00:16:34.42	5:25	00:33:41.74
5	5/625	1/1	84	Boyd Carrington	M	43	Amityville	NY	4	5:22	00:16:42.35	5	5:31	00:17:10.90	5:27	00:33:53.26
6	6/625	1/4	241	Michael Herbert	M	18	Smithtown	NY	7	5:45	00:17:53.67	7	5:46	00:17:55.79	5:45	00:35:49.46
7	7/625	2/21	294	Christopher Koegel	M	32	Malverne	NY	10	5:48	00:18:01.37	6	5:45	00:17:52.36	5:46	00:35:53.74
8	8/625	2/14	119	James Dachille	M	20	Merrick	NY	6	5:45	00:17:53.46	8	5:48	00:18:01.28	5:46	00:35:54.74
9	9/625	3/21	629	Ronald Joseph	M	32	Far Rockaway	NY	8	5:45	00:17:53.82	9	5:53	00:18:17.56	5:49	00:36:11.39
10	10/625	2/21	533	Steven Steiner	M	39	Great Neck	NY	12	5:51	00:18:11.31	13	5:56	00:18:28.81	5:54	00:36:40.13
11	11/625	3/21	541	Travis Tate	M	39	Smithtown	NY	9	5:47	00:18:00.82	15	6:01	00:18:41.83	5:54	00:36:42.66
12	12/625	4/21	183	Sam Fox	M	31	Merrick	NY	14	5:54	00:18:21.57	12	5:55	00:18:25.14	5:55	00:36:46.72
13	13/625	1/31	248	Corey Hirschman	M	40	Stony Brook	NY	16	5:57	00:18:31.86	11	5:54	00:18:21.40	5:56	00:36:53.26
14	14/625	5/21	873	Steven Cuomo	M	33	Shirley	NY	11	5:50	00:18:07.49	16	6:02	00:18:46.92	5:56	00:36:54.41
15	15/625	1/43	225	Keith Guilfoyle	M	49	Commack	NY	17	6:00	00:18:38.77	10	5:53	00:18:18.40	5:56	00:36:57.17
16	16/625	6/21	392	Edward Murray	M	30	Bellmore	NY	15	5:56	00:18:26.58	14	5:59	00:18:37.81	5:57	00:37:04.40
17	18/625	2/4	877	Alex Eletto	M	18	Stony Brook	NY	13	5:52	00:18:13.74	19	6:07	00:19:00.79	5:59	00:37:14.54
18	19/625	3/14	300	Anton Korniev	M	23	Glen Head	NY	18	6:00	00:18:41.42	17	6:04	00:18:51.09	6:02	00:37:32.52
19	22/625	1/14	419	Mitchell Ostrow	M	28	Long Beach	NY	20	6:04	00:18:51.55	21	6:08	00:19:03.71	6:06	00:37:55.26
20	23/625	4/21	268	Joshua Jastemski	M	36	Medford	NY	23	6:10	00:19:11.34	18	6:05	00:18:55.43	6:08	00:38:06.78
21	24/625	2/31	391	Timothy Murphy	M	44	Ronkonkoma	NY	22	6:10	00:19:09.82	20	6:07	00:19:01.93	6:08	00:38:11.75
22	25/625	1/46	453	Eddie Reagan	M	59	Levittown	NY	19	6:03	00:18:49.73	24	6:14	00:19:23.04	6:08	00:38:12.77
23	26/625	5/21	683	Jose Ulloa	M	38	Bellport	NY	21	6:05	00:18:54.57	27	6:17	00:19:31.61	6:11	00:38:26.18
24	27/625	2/43	624	Robis Degirmenci	M	46	Port Washington	NY	25	6:11	00:19:13.33	22	6:13	00:19:19.85	6:12	00:38:33.19
25	28/625	3/31	568	Jeffrey Votteler	M	44	Manorville	NY	24	6:10	00:19:11.34	26	6:16	00:19:28.59	6:13	00:38:39.93
26	29/625	6/21	230	Trent Hampton	M	37	West Babylon	NY	30	6:21	00:19:45.22	23	6:14	00:19:22.88	6:17	00:39:08.11
27	30/625	7/21	664	David Lopez Merlos	M	34	E.northport	NY	31	6:22	00:19:48.46	25	6:15	00:19:26.05	6:18	00:39:14.52
28	31/625	2/14	155	Kevin Dunbar	M	28	Astoria	NY	29	6:20	00:19:43.39	30	6:21	00:19:43.87	6:20	00:39:27.27
29	33/625	4/31	97	Adam Cigliano	M	43	N Merrick	NY	32	6:22	00:19:49.67	29	6:20	00:19:43.64	6:21	00:39:33.31
30	34/625	5/31	554	Steven Toto	M	42	Hauppauge	NY	40	6:28	00:20:06.79	28	6:19	00:19:38.90	6:23	00:39:45.69
31	35/625	1/34	532	Jeff Steinberg	M	54	Westbury	NY	35	6:25	00:19:56.57	31	6:25	00:19:57.66	6:25	00:39:54.24
32	36/625	7/21	621	Scott Burman	M	37	Garden City	NY	27	6:20	00:19:41.56	37	6:30	00:20:13.08	6:25	00:39:54.64
33	37/625	1/33	180	Bill Fisher	M	61	Levittown	NY	37	6:25	00:19:57.58	32	6:25	00:19:58.08	6:25	00:39:55.66
34	38/625	6/31	567	Robert Votruba	M	44	Garden City	NY	33	6:24	00:19:55.33	33	6:26	00:20:02.15	6:25	00:39:57.48
35	40/625	7/31	384	Duane Mora	M	42	Merrick	NY	34	6:24	00:19:55.56	36	6:28	00:20:08.23	6:26	00:40:03.79
36	42/625	2/46	465	Michael Robles	M	57	Smithtown	NY	41	6:29	00:20:08.79	35	6:27	00:20:03.98	6:28	00:40:12.77

# Aspire 10K Run

April 2, 2016

## Overall Results - Male

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
37	43/625	3/46	120	Ned Daily	M	58	Garden Cty Pk	NY	39	6:27	00:20:02.83	38	6:31	00:20:15.39	6:29	00:40:18.22
38	45/625	8/31	450	Jason Ramirez	M	42	Wantagh	NY	36	6:25	00:19:57.18	40	6:34	00:20:26.09	6:29	00:40:23.27
39	46/625	8/21	897	Paul Milazza	M	31	Hauppauge	NY	38	6:25	00:19:58.80	43	6:37	00:20:34.87	6:31	00:40:33.67
40	48/625	2/33	603	Kevin Carroll	M	63	Dix Hills	NY	44	6:39	00:20:42.44	34	6:26	00:20:02.20	6:33	00:40:44.64
41	49/625	1/14	152	John Dullaghan	M	39	E Northport	NY	42	6:31	00:20:17.80	42	6:36	00:20:31.90	6:34	00:40:49.70
42	51/625	4/14	76	Matthew Callman	M	24	Merrick	NY	43	6:36	00:20:33.33	49	6:41	00:20:46.08	6:39	00:41:19.41
43	52/625	8/21	563	Ronnie Vichman	M	35	Farmingdale	NY	49	6:45	00:20:58.55	39	6:34	00:20:24.44	6:39	00:41:23.00
44	53/625	2/34	685	Marc Bochner	M	50	New York	NY	45	6:40	00:20:45.31	44	6:39	00:20:39.94	6:39	00:41:25.26
45	56/625	3/14	83	Andrew Carrig	M	29	North Babylon	NY	47	6:43	00:20:54.50	45	6:39	00:20:40.42	6:41	00:41:34.92
46	58/625	3/43	643	Tommy Nettuno	M	46	West Babylon	NY	28	6:20	00:19:41.79	67	7:04	00:21:59.32	6:42	00:41:41.11
47	60/625	4/43	266	Gus Isaksson	M	49	Saint James	NY	57	6:51	00:21:18.83	41	6:36	00:20:31.54	6:43	00:41:50.38
48	61/625	4/14	389	Taylor Mucaria	M	28	Lake Grove	NY	54	6:50	00:21:14.81	47	6:39	00:20:41.66	6:44	00:41:56.48
49	62/625	9/21	537	Ryan Sullivan	M	31	Long Beach	NY	50	6:45	00:21:00.78	50	6:44	00:20:57.91	6:45	00:41:58.70
50	63/625	5/43	228	Jose Gutierrez	M	49	Glendale	NY	58	6:51	00:21:19.46	46	6:39	00:20:41.06	6:45	00:42:00.52
51	64/625	2/14	270	Joseph Jensen	M	36	Wantagh	NY	46	6:42	00:20:50.33	51	6:49	00:21:12.44	6:45	00:42:02.77
52	65/625	5/14	327	Eddie Lopez	M	26	Valley Stream	NY	56	6:51	00:21:18.47	48	6:40	00:20:45.12	6:46	00:42:03.59
53	67/625	3/34	559	Wayne Vartabedian	M	52	Long Beach	NY	48	6:44	00:20:56.94	54	6:54	00:21:29.37	6:49	00:42:26.31
54	69/625	9/21	620	Michael Mandato	M	36	Northport	NY	53	6:48	00:21:10.13	53	6:52	00:21:22.67	6:50	00:42:32.80
55	70/625	5/14	896	Thomas Mihailen	M	20	E.Northport	NY	51	6:48	00:21:08.58	55	6:56	00:21:33.98	6:52	00:42:42.56
56	71/625	4/46	572	Jon Wallach	M	59	Levittown	NY	59	6:52	00:21:21.71	52	6:52	00:21:21.82	6:52	00:42:43.53
57	73/625	5/46	60	K C Brett	M	55	Port Jeff Sta	NY	52	6:48	00:21:09.72	57	6:57	00:21:36.05	6:52	00:42:45.77
58	74/625	6/43	870	Eric Bruno	M	46	Shirley	NY	55	6:50	00:21:16.33	62	7:01	00:21:49.63	6:56	00:43:05.96
59	75/625	7/43	149	Ray Downes	M	45	Huntington	NY	63	6:54	00:21:27.58	59	7:00	00:21:45.09	6:57	00:43:12.67
60	76/625	8/43	277	Ira Kaplan	M	46	East Meadow	NY	60	6:52	00:21:22.93	64	7:02	00:21:51.75	6:57	00:43:14.68
61	77/625	6/46	626	Robert Fried	M	55	Great Neck	NY	62	6:54	00:21:27.20	61	7:00	00:21:47.68	6:57	00:43:14.88
62	78/625	4/34	422	Victor Pajonas	M	50	Seaford	NY	61	6:53	00:21:23.74	66	7:02	00:21:53.36	6:57	00:43:17.11
63	79/625	9/43	341	John Manitta	M	49	Wading River	NY	67	6:57	00:21:37.59	63	7:02	00:21:51.19	6:59	00:43:28.78
64	80/625	7/46	520	Louis Sparaco	M	57	Patchogue	NY	70	7:02	00:21:52.81	58	6:57	00:21:36.47	6:59	00:43:29.28
65	81/625	10/43	312	Wai Law	M	49	Bethpage	NY	66	6:56	00:21:35.36	68	7:04	00:21:59.42	7:00	00:43:34.78
66	82/625	11/43	509	Mark Singer	M	47	Melville	NY	71	7:04	00:21:57.91	60	7:00	00:21:45.69	7:02	00:43:43.60
67	83/625	12/43	616	Matthew Conroy	M	46	Melville	NY	64	6:55	00:21:29.89	77	7:09	00:22:15.75	7:02	00:43:45.64
68	86/625	5/34	607	Martin Knapp	M	53	Bayshore	NY	77	7:07	00:22:08.72	65	7:02	00:21:53.24	7:05	00:44:01.96
69	88/625	10/21	62	Romulo Brito	M	38	Uniondale	NY	68	7:00	00:21:46.33	79	7:10	00:22:17.20	7:05	00:44:03.53
70	89/625	9/31	156	Kervin Duncan	M	42	Brooklyn	NY	72	7:05	00:22:01.57	70	7:05	00:22:02.81	7:05	00:44:04.39
71	90/625	3/33	140	P J Diskin	M	60	Mineola	NY	74	7:06	00:22:05.23	69	7:05	00:22:01.29	7:05	00:44:06.53
72	91/625	1/4	596	Adam Zelin	M	13	Shoreham	NY	69	7:01	00:21:49.33	81	7:10	00:22:18.45	7:06	00:44:07.78

# Aspire 10K Run

April 2, 2016

## Overall Results - Male

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
73	92/625	4/33	233	Timothy Healy	M	60	Syosset	NY	75	7:06	00:22:05.58	71	7:07	00:22:07.18	7:06	00:44:12.76
74	93/625	10/31	654	Rich Diamond	M	40	Plainview	NY	65	6:56	00:21:32.51	90	7:18	00:22:41.07	7:07	00:44:13.58
75	94/625	11/31	681	Hector Jaramillo	M	44	Baldwin	NY	76	7:06	00:22:06.25	75	7:09	00:22:15.49	7:08	00:44:21.74
76	95/625	11/21	553	Peter Tortorici	M	37	Hauppauge	NY	87	7:19	00:22:46.29	56	6:57	00:21:35.65	7:08	00:44:21.94
77	97/625	5/33	30	Mike Baard	M	60	Merrick	NY	79	7:09	00:22:14.30	76	7:09	00:22:15.63	7:09	00:44:29.93
78	99/625	6/34	187	Eric Friedman	M	50	Merrick	NY	78	7:09	00:22:13.33	82	7:11	00:22:21.88	7:10	00:44:35.21
79	101/625	3/14	99	John Clifford	M	54	Seaford	NY	73	7:06	00:22:04.58	87	7:17	00:22:39.13	7:11	00:44:43.71
80	104/625	8/46	87	Michael Casale	M	55	N Bellmore	NY	86	7:18	00:22:42.33	74	7:09	00:22:15.37	7:14	00:44:57.71
81	105/625	6/33	323	Ronald Lipsky	M	60	Franklin Sq	NY	85	7:18	00:22:40.99	84	7:12	00:22:23.42	7:15	00:45:04.42
82	108/625	7/34	430	Jeff Pinkosh	M	50	Mastic Beach	NY	80	7:10	00:22:17.44	91	7:21	00:22:52.08	7:16	00:45:09.52
83	109/625	9/46	265	Peter Inserra	M	58	Fort Salonga	NY	93	7:24	00:22:59.52	72	7:08	00:22:10.82	7:16	00:45:10.34
84	110/625	13/43	100	Brian Cloherty	M	47	Roslyn Hts	NY	88	7:21	00:22:52.60	80	7:10	00:22:17.93	7:16	00:45:10.53
85	111/625	6/14	318	Matthew Lemonis	M	21	Merrick	NY	94	7:24	00:22:59.95	73	7:09	00:22:13.82	7:16	00:45:13.78
86	112/625	10/46	357	Terence Mccormick	M	55	Lindenhurst	NY	89	7:21	00:22:53.21	83	7:11	00:22:22.03	7:16	00:45:15.24
87	115/625	4/14	413	Ken Olson	M	46	Bethpage	NY	100	7:28	00:23:14.58	78	7:10	00:22:16.55	7:19	00:45:31.13
88	116/625	7/33	239	Mark Heller	M	61	Prt Washingt	NY	81	7:12	00:22:23.91	96	7:27	00:23:09.84	7:19	00:45:33.75
89	117/625	8/34	177	Frank Favilla	M	53	Bethpage	NY	90	7:22	00:22:55.43	89	7:17	00:22:40.35	7:20	00:45:35.78
90	118/625	12/31	161	Brad Eisenstein	M	42	Plainview	NY	84	7:15	00:22:32.27	97	7:27	00:23:11.45	7:21	00:45:43.72
91	119/625	11/46	592	Jerry Wosleger	M	57	Rockville Ctr	NY	98	7:26	00:23:07.64	88	7:17	00:22:39.89	7:22	00:45:47.53
92	121/625	13/31	381	Michael Minerva	M	44	Sayville	NY	82	7:14	00:22:30.33	101	7:32	00:23:25.35	7:23	00:45:55.68
93	122/625	14/43	50	Kevin Boone	M	47	Bay Shore	NY	114	7:34	00:23:32.72	86	7:13	00:22:26.00	7:23	00:45:58.72
94	125/625	15/43	95	Charles Ciarfello	M	45	Smithtown	NY	96	7:25	00:23:04.38	95	7:25	00:23:05.12	7:25	00:46:09.51
95	126/625	12/21	483	Jon Sanneman	M	38	Rockville Ctr	NY	105	7:30	00:23:20.33	93	7:23	00:22:57.08	7:26	00:46:17.41
96	127/625	14/31	217	Barry Goodman	M	44	Plainview	NY	83	7:14	00:22:31.25	119	7:40	00:23:51.24	7:27	00:46:22.49
97	128/625	8/33	611	Eric Zimmer	M	64	Saint James	NY	92	7:23	00:22:58.70	100	7:32	00:23:24.80	7:27	00:46:23.51
98	130/625	9/34	653	Timothy Moley	M	54	Melville	NY	112	7:33	00:23:29.64	94	7:23	00:22:58.64	7:28	00:46:28.28
99	132/625	12/46	57	Scott Brennan	M	55	East Meadow	NY	103	7:29	00:23:17.82	98	7:28	00:23:13.80	7:29	00:46:31.62
100	134/625	1/12	558	Joseph Tumbarello	M	72	Glen Cove	NY	106	7:31	00:23:21.58	99	7:29	00:23:16.14	7:30	00:46:37.72
101	135/625	5/14	467	David Rockitter	M	53	Wantagh	NY	95	7:25	00:23:03.98	106	7:35	00:23:34.75	7:30	00:46:38.73
102	139/625	10/34	378	Tim Mietus	M	51	Oyster Bay	NY	97	7:25	00:23:05.62	110	7:36	00:23:37.91	7:31	00:46:43.53
103	141/625	16/43	143	Paul Donnelly	M	48	Rockville Ctr	NY	133	7:49	00:24:19.33	85	7:12	00:22:25.28	7:31	00:46:44.62
104	142/625	13/46	273	Daniel Joseph	M	55	Levittown	NY	125	7:40	00:23:49.62	92	7:22	00:22:55.60	7:31	00:46:45.23
105	145/625	13/21	150	David Drebsky	M	35	Plainview	NY	91	7:23	00:22:58.58	120	7:41	00:23:53.36	7:32	00:46:51.94
106	146/625	11/34	232	Flemming Hansen	M	52	Centerport	NY	107	7:31	00:23:22.67	103	7:33	00:23:30.49	7:32	00:46:53.16
107	147/625	12/34	331	Andrew Lupu	M	54	N Bellmore	NY	99	7:28	00:23:13.56	113	7:37	00:23:41.64	7:33	00:46:55.21
108	150/625	6/14	29	Brian Axman	M	38	Nesconset	NY	108	7:31	00:23:23.33	108	7:35	00:23:36.37	7:33	00:46:59.70

# Aspire 10K Run

April 2, 2016

## Overall Results - Male

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
109	151/625	17/43	229	Paul Hammond	M	48	North Merrick	NY	102	7:29	00:23:17.33	116	7:39	00:23:47.44	7:34	00:47:04.78
110	152/625	14/46	242	William Herbert	M	56	Smithtown	NY	109	7:32	00:23:24.51	114	7:38	00:23:45.32	7:35	00:47:09.83
111	153/625	15/31	172	John Famiglietti	M	42	Wantagh	NY	115	7:35	00:23:35.33	109	7:35	00:23:36.58	7:35	00:47:11.91
112	154/625	18/43	182	Kevin Ford	M	47	Islip	NY	117	7:37	00:23:41.52	107	7:35	00:23:36.07	7:36	00:47:17.59
113	155/625	9/33	447	Grant Radtke	M	60	East Meadow	NY	124	7:39	00:23:48.33	105	7:34	00:23:32.10	7:37	00:47:20.43
114	157/625	10/21	590	Allen Wolfhert	M	30	Merrick	NY	118	7:37	00:23:41.93	112	7:37	00:23:41.44	7:37	00:47:23.37
115	159/625	19/43	900	Marcus Sanders	M	46	Pt.Jefferson	NY	110	7:33	00:23:28.82	125	7:44	00:24:01.71	7:38	00:47:30.53
116	160/625	15/46	47	Paul Bonanni	M	55	Selden	NY	116	7:36	00:23:36.81	121	7:41	00:23:53.80	7:38	00:47:30.62
117	161/625	14/21	682	Joseph Divico	M	39	Merrick	NY	119	7:38	00:23:44.33	117	7:40	00:23:50.31	7:39	00:47:34.65
118	162/625	7/14	871	Joseph Choinski	M	20	E.Northport	NY	104	7:30	00:23:18.59	133	7:50	00:24:21.74	7:40	00:47:40.33
119	163/625	13/34	261	Michael Hunter	M	54	N Merrick	NY	101	7:29	00:23:15.18	137	7:51	00:24:25.95	7:40	00:47:41.14
120	165/625	10/33	28	Richard Aubain	M	60	Hicksville	NY	128	7:44	00:24:03.30	115	7:38	00:23:45.33	7:41	00:47:48.63
121	166/625	1/12	344	Peter Martin	M	66	Bellmore	NY	113	7:33	00:23:29.83	134	7:50	00:24:22.44	7:42	00:47:52.27
122	167/625	16/46	18	Stephen Albright	M	58	Huntington	NY	136	7:53	00:24:32.17	102	7:32	00:23:26.37	7:43	00:47:58.54
123	168/625	17/46	307	Kurt Laforest	M	55	Setauket	NY	122	7:38	00:23:45.96	128	7:47	00:24:13.01	7:43	00:47:58.97
124	170/625	14/34	262	Dean Hutchinson	M	54	Long Beach	NY	123	7:39	00:23:47.60	138	7:52	00:24:29.05	7:46	00:48:16.65
125	171/625	16/31	362	Thomas Mcmanus	M	42	Plainview	NY	141	7:58	00:24:46.25	104	7:33	00:23:30.53	7:46	00:48:16.79
126	172/625	18/46	139	David Digiovanni	M	57	Sea Cliff	NY	130	7:44	00:24:03.88	130	7:49	00:24:20.09	7:47	00:48:23.97
127	173/625	11/33	330	Michael Ludwig	M	61	Rockville Ctr	NY	129	7:44	00:24:03.59	135	7:50	00:24:22.56	7:47	00:48:26.16
128	174/625	12/33	306	Louis Lafleur	M	60	Holbrook	NY	131	7:47	00:24:11.20	129	7:48	00:24:16.02	7:47	00:48:27.23
129	175/625	19/46	324	Steve Liuzzo	M	56	Smithtown	NY	120	7:38	00:23:44.54	145	7:58	00:24:45.71	7:48	00:48:30.25
130	180/625	7/14	124	Bob Debeneditis	M	51	E Williston	NY	144	8:00	00:24:52.85	118	7:40	00:23:51.00	7:50	00:48:43.85
131	181/625	6/14	131	Angelo Derrico	M	28	Syosset	NY	142	7:59	00:24:48.30	123	7:42	00:23:56.24	7:50	00:48:44.55
132	182/625	15/34	542	Dwayne Taylor	M	53	North Baldwin	NY	134	7:50	00:24:21.99	136	7:50	00:24:22.79	7:50	00:48:44.78
133	184/625	16/34	434	Carson Pohlman	M	54	Saint James	NY	139	7:55	00:24:37.67	127	7:47	00:24:12.29	7:51	00:48:49.96
134	185/625	13/33	337	David Mammina	M	62	Carle Place	NY	147	8:01	00:24:56.44	122	7:42	00:23:55.65	7:51	00:48:52.10
135	186/625	14/33	408	Michael Nusblat	M	63	Stony Point	NY	137	7:54	00:24:34.33	131	7:50	00:24:20.51	7:52	00:48:54.84
136	188/625	15/33	10	Marco Abarca	M	61	Bethpage	NY	126	7:40	00:23:50.35	158	8:06	00:25:12.45	7:53	00:49:02.80
137	190/625	17/31	305	John Lafalce	M	41	Farmingdale	NY	151	8:02	00:24:58.48	126	7:45	00:24:04.94	7:53	00:49:03.43
138	192/625	16/33	195	Anthony Garguilo	M	64	Kings Park	NY	127	7:42	00:23:57.20	156	8:05	00:25:09.20	7:54	00:49:06.41
139	194/625	20/43	530	Michael Starr	M	46	Plainview	NY	121	7:38	00:23:45.58	162	8:10	00:25:23.32	7:54	00:49:08.90
140	195/625	20/46	585	Hal Wirth	M	58	Dix Hills	NY	155	8:07	00:25:13.19	124	7:42	00:23:57.09	7:54	00:49:10.29
141	196/625	21/43	461	Markus Rentzing	M	46	Old Westbury	NY	138	7:55	00:24:37.58	141	7:55	00:24:36.82	7:55	00:49:14.41
142	198/625	1/18	636	Rick Johnson	M	58	Kings Park	NY	132	7:47	00:24:13.28	155	8:05	00:25:07.05	7:56	00:49:20.33
143	199/625	22/43	638	Andrew Pesner	M	48	Woodbury	NY	140	7:58	00:24:45.83	142	7:55	00:24:37.34	7:56	00:49:23.17
144	200/625	7/14	657	Brad Faliks	M	27	Plainview	NY	135	7:51	00:24:24.83	151	8:02	00:24:58.54	7:56	00:49:23.37

# Aspire 10K Run

April 2, 2016

## Overall Results - Male

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
145	203/625	11/21	165	Paul Ercolano	M	33	Bronx	NY	149	8:02	00:24:57.58	143	7:57	00:24:43.20	7:59	00:49:40.79
146	206/625	8/14	132	John Despagna	M	52	Huntington	NY	146	8:01	00:24:54.80	148	8:00	00:24:51.49	8:00	00:49:46.29
147	209/625	18/31	432	Gary Plotkin	M	42	Plainview	NY	160	8:09	00:25:21.69	140	7:53	00:24:31.59	8:01	00:49:53.29
148	211/625	17/34	218	Dennis Gowen	M	54	Massapequa Park	NY	152	8:03	00:25:02.78	149	8:01	00:24:56.13	8:02	00:49:58.91
149	213/625	23/43	113	Charles Crowe	M	48	Deer Park	NY	148	8:01	00:24:56.58	159	8:07	00:25:16.15	8:04	00:50:12.74
150	214/625	18/34	213	Daniel Goldstein	M	54	Huntingtn Sta	NY	156	8:07	00:25:14.85	152	8:02	00:24:58.91	8:04	00:50:13.76
151	215/625	17/33	412	Michael Oliveri	M	61	Bay Shore	NY	170	8:18	00:25:47.43	139	7:52	00:24:29.15	8:05	00:50:16.59
152	216/625	19/34	216	Alex Gonzalez	M	50	Glen Cove	NY	150	8:02	00:24:58.27	161	8:08	00:25:18.72	8:05	00:50:17.00
153	218/625	2/18	445	Steven Quigley	M	47	Bayville	NY	158	8:08	00:25:16.35	153	8:04	00:25:04.44	8:06	00:50:20.79
154	222/625	12/21	297	Justin Koonz	M	34	Syosset	NY	179	8:25	00:26:10.83	132	7:50	00:24:21.38	8:07	00:50:32.22
155	223/625	15/21	529	Jason Stanton	M	37	N Massapequa	NY	169	8:18	00:25:47.35	146	7:58	00:24:46.10	8:08	00:50:33.45
156	226/625	19/31	508	Jonathan Sindicic	M	44	Massapequa	NY	167	8:16	00:25:41.32	150	8:01	00:24:56.19	8:08	00:50:37.51
157	229/625	18/33	397	Paul Nelson	M	61	Saint James	NY	153	8:04	00:25:04.40	171	8:17	00:25:44.30	8:10	00:50:48.71
158	230/625	21/46	347	Frank Martinez	M	58	Commack	NY	143	7:59	00:24:48.51	178	8:22	00:26:00.28	8:10	00:50:48.79
159	231/625	19/33	272	Steven Jonas	M	64	Woodbury	NY	177	8:24	00:26:07.99	144	7:57	00:24:44.30	8:11	00:50:52.29
160	236/625	2/12	387	Glenn Morse	M	67	Massapequa	NY	154	8:05	00:25:09.95	180	8:24	00:26:06.57	8:15	00:51:16.52
161	237/625	20/33	224	Bill Guichard	M	60	Melville	NY	161	8:12	00:25:29.33	174	8:18	00:25:49.96	8:15	00:51:19.29
162	238/625	16/21	189	Anthony Fulgieri	M	36	Syosset	NY	176	8:23	00:26:05.17	160	8:08	00:25:17.02	8:16	00:51:22.19
163	239/625	21/33	613	Kevin Kremler	M	64	Hicksville	NY	165	8:14	00:25:36.99	173	8:17	00:25:47.24	8:16	00:51:24.23
164	240/625	20/31	237	Eric Heischober	M	44	Roslyn Heights	NY	166	8:15	00:25:39.83	172	8:17	00:25:45.00	8:16	00:51:24.83
165	241/625	3/12	171	Scott Fairgrieve	M	65	Mineola	NY	172	8:20	00:25:54.33	166	8:13	00:25:32.11	8:16	00:51:26.45
166	242/625	17/21	388	Jared Mroz	M	39	Rockville Ctr	NY	171	8:20	00:25:53.83	167	8:14	00:25:34.88	8:17	00:51:28.72
167	244/625	22/33	208	Kevin Glover	M	61	New York	NY	145	8:00	00:24:54.19	186	8:34	00:26:37.25	8:17	00:51:31.45
168	245/625	3/18	678	Len Oppenheimer	M	48	Hewlett	NY	159	8:08	00:25:18.26	182	8:26	00:26:14.08	8:17	00:51:32.34
169	246/625	24/43	428	Robert Pickus	M	46	Plainview	NY	162	8:12	00:25:31.69	179	8:22	00:26:00.69	8:17	00:51:32.38
170	249/625	21/31	41	Ben Beavers	M	42	Amityville	NY	157	8:07	00:25:15.25	185	8:29	00:26:23.24	8:18	00:51:38.49
171	250/625	20/34	32	Richard Barkan	M	51	Long Beach	NY	175	8:23	00:26:03.93	168	8:14	00:25:36.58	8:18	00:51:40.51
172	252/625	9/14	490	Peter Schacknow	M	60	Huntingtn Sta	NY	184	8:29	00:26:24.46	163	8:11	00:25:27.33	8:20	00:51:51.79
173	253/625	3/4	562	Owen Vera	M	17	New York	NY	196	8:43	00:27:07.33	147	7:58	00:24:47.83	8:21	00:51:55.16
174	255/625	21/34	580	Tom Welsh	M	50	Huntington	NY	178	8:25	00:26:10.58	175	8:20	00:25:53.87	8:22	00:52:04.46
175	257/625	4/18	186	Paul Franciotti	M	61	East Meadow	NY	164	8:14	00:25:35.75	187	8:34	00:26:37.93	8:24	00:52:13.69
176	259/625	22/46	68	Martin Buchman	M	56	Stony Brook	NY	189	8:36	00:26:43.33	169	8:14	00:25:36.87	8:25	00:52:20.20
177	260/625	10/14	326	Michael Long	M	31	Smithtown	NY	183	8:29	00:26:22.35	177	8:22	00:26:00.07	8:25	00:52:22.42
178	261/625	25/43	656	Ronald Storch	M	49	Roslyn	NY	187	8:35	00:26:41.57	170	8:16	00:25:41.89	8:25	00:52:23.46
179	262/625	22/31	618	Craig Lerman	M	44	Plainview	NY	182	8:27	00:26:17.55	181	8:24	00:26:07.16	8:26	00:52:24.71
180	263/625	13/21	332	Christopher Lynch	M	32	Wantagh	NY	199	8:47	00:27:17.89	157	8:05	00:25:09.84	8:26	00:52:27.73

# Aspire 10K Run

April 2, 2016

## Overall Results - Male

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
181	265/625	26/43	593	Andrew Yacht	M	45	Plainview	NY	168	8:17	00:25:45.39	190	8:36	00:26:45.97	8:27	00:52:31.36
182	266/625	23/33	346	Dennis Martin	M	60	Smithtown	NY	197	8:44	00:27:08.70	165	8:12	00:25:29.75	8:28	00:52:38.45
183	267/625	8/14	69	Jeffrey Buchman	M	26	Merrick	NY	180	8:27	00:26:16.32	184	8:29	00:26:23.14	8:28	00:52:39.47
184	268/625	23/46	293	Philip Koch	M	59	Commack	NY	198	8:45	00:27:12.56	164	8:11	00:25:28.29	8:28	00:52:40.86
185	270/625	5/18	274	Steve Juchem	M	46	N Bellmore	NY	173	8:21	00:25:57.22	193	8:38	00:26:49.58	8:29	00:52:46.80
186	273/625	22/34	448	William Raftery	M	53	East Islip	NY	163	8:13	00:25:33.83	207	8:49	00:27:23.82	8:31	00:52:57.65
187	274/625	9/14	511	Kevin Smith	M	28	Carle Place	NY	174	8:22	00:26:01.30	200	8:40	00:26:58.17	8:31	00:52:59.47
188	276/625	14/21	33	Jonathan Barracca	M	31	Maspeth	NY	213	8:59	00:27:55.47	154	8:05	00:25:07.00	8:32	00:53:02.48
189	278/625	24/33	409	Daniel O'donnell	M	63	Smithtown	NY	186	8:31	00:26:28.53	188	8:36	00:26:45.01	8:33	00:53:13.55
190	279/625	25/33	672	Robert Elsener	M	61	E.northport	NY	181	8:27	00:26:16.73	204	8:44	00:27:09.06	8:35	00:53:25.79
191	283/625	11/14	476	Samuel Rudman	M	48	Melville	NY	192	8:39	00:26:53.42	194	8:38	00:26:49.98	8:38	00:53:43.40
192	284/625	15/21	40	Christopher Baum	M	31	Massapequa	NY	206	8:55	00:27:44.58	176	8:21	00:25:59.64	8:38	00:53:44.23
193	287/625	18/21	284	Peter Kempton	M	37	Floral Park	NY	194	8:41	00:26:59.89	191	8:37	00:26:48.59	8:39	00:53:48.48
194	288/625	6/18	44	David Bizewski	M	41	Long Beach	NY	195	8:41	00:26:59.90	195	8:38	00:26:51.05	8:39	00:53:50.95
195	289/625	27/43	298	Micah Korn	M	45	S Huntington	NY	190	8:38	00:26:51.58	202	8:43	00:27:05.02	8:40	00:53:56.60
196	292/625	24/46	207	Bill Girona	M	56	Smithtown	NY	185	8:31	00:26:27.85	212	8:51	00:27:30.99	8:41	00:53:58.84
197	297/625	25/46	53	Russell Breiter	M	55	Plainview	NY	212	8:58	00:27:54.45	183	8:28	00:26:20.67	8:43	00:54:15.12
198	301/625	28/43	622	Henry Rodriguez	M	49	Jericho	NY	201	8:52	00:27:34.89	192	8:37	00:26:48.91	8:45	00:54:23.80
199	304/625	12/14	129	Rob Dellunto	M	43	Rockville Ctr	NY	203	8:53	00:27:38.35	196	8:39	00:26:54.91	8:46	00:54:33.26
200	308/625	2/4	898	Aaron Rudnicki	M	12	Holtsville	NY	210	8:58	00:27:52.21	189	8:36	00:26:45.32	8:47	00:54:37.53
201	310/625	29/43	623	Harris Zakarin	M	45	Dix Hills	NY	205	8:55	00:27:42.89	201	8:40	00:26:58.66	8:48	00:54:41.55
202	311/625	30/43	299	Marc Kornheiser	M	46	Forest Hills	NY	188	8:35	00:26:41.78	220	9:01	00:28:01.22	8:48	00:54:43.00
203	313/625	7/18	80	Christopher Carden	M	46	Lake Grove	NY	204	8:55	00:27:42.40	203	8:43	00:27:07.33	8:49	00:54:49.73
204	315/625	23/34	895	Denis Meany	M	51	Blue Point	NY	211	8:58	00:27:52.42	199	8:40	00:26:58.11	8:49	00:54:50.54
205	316/625	26/46	400	Bill Niedfeld	M	56	Seaford	NY	202	8:53	00:27:36.73	206	8:46	00:27:14.57	8:49	00:54:51.30
206	318/625	27/46	402	Bob Nikodem	M	56	Huntington	NY	200	8:50	00:27:27.94	208	8:50	00:27:27.67	8:50	00:54:55.62
207	321/625	26/33	358	James Mcdougall	M	61	Ronkonkoma	NY	207	8:56	00:27:45.47	205	8:45	00:27:13.80	8:50	00:54:59.27
208	323/625	19/21	660	Raymond Gogarty	M	38	Deer Park	NY	111	7:33	00:23:29.51	271	10:13	00:31:45.29	8:53	00:55:14.80
209	325/625	24/34	86	Kenneth Carsten	M	50	Melville	NY	208	8:57	00:27:50.34	214	8:52	00:27:35.96	8:55	00:55:26.30
210	327/625	10/14	536	Michael Strom	M	27	Long Is City	NY	221	9:03	00:28:08.24	213	8:52	00:27:35.20	8:58	00:55:43.44
211	328/625	4/12	246	Gabriel Hickey	M	67	Bethpage	NY	217	9:00	00:28:00.84	218	8:57	00:27:50.70	8:59	00:55:51.55
212	330/625	31/43	169	Joel Fagin	M	46	Floral Park	NY	218	9:01	00:28:01.46	219	8:59	00:27:55.20	9:00	00:55:56.66
213	334/625	3/4	872	Brayden Clements	M	10	Patchogue	NY	191	8:39	00:26:53.25	240	9:24	00:29:12.74	9:01	00:56:05.99
214	335/625	28/46	395	Harlan Nebenhaus	M	56	Manhasset	NY	215	9:00	00:27:59.33	226	9:03	00:28:08.92	9:02	00:56:08.26
215	336/625	25/34	102	Neil Cohen	M	52	Roslyn	NY	226	9:08	00:28:25.59	216	8:55	00:27:43.65	9:02	00:56:09.24
216	337/625	26/34	101	Michael Cody	M	54	Franklin Sq	NY	230	9:13	00:28:40.86	209	8:50	00:27:29.41	9:02	00:56:10.27

# Aspire 10K Run

April 2, 2016

## Overall Results - Male

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
217	338/625	29/46	882	Brian Gunderson	M	57	Medford	NY	193	8:39	00:26:53.42	241	9:25	00:29:18.12	9:02	00:56:11.55
218	339/625	30/46	109	Bill Crispino	M	57	Freeport	NY	232	9:15	00:28:45.30	210	8:50	00:27:29.64	9:03	00:56:14.95
219	342/625	32/43	79	Louis Cappelli	M	45	East Meadow	NY	229	9:13	00:28:40.51	215	8:53	00:27:38.29	9:03	00:56:18.80
220	343/625	33/43	59	David Brenner	M	48	Plainview	NY	214	9:00	00:27:58.87	228	9:07	00:28:21.78	9:04	00:56:20.65
221	345/625	16/21	469	Matthew Romano	M	34	Bethpage	NY	286	10:32	00:32:43.88	111	7:36	00:23:39.40	9:04	00:56:23.29
222	346/625	23/31	494	Gregg Schlossman	M	41	Plainview	NY	225	9:08	00:28:22.73	221	9:01	00:28:01.80	9:04	00:56:24.53
223	348/625	24/31	251	Robert Hoell	M	44	Sea Cliff	NY	236	9:19	00:28:58.77	211	8:51	00:27:30.64	9:05	00:56:29.41
224	350/625	31/46	338	Charles Mandelbaum	M	59	Great Neck	NY	220	9:01	00:28:03.32	233	9:13	00:28:41.24	9:07	00:56:44.56
225	351/625	8/18	608	John Stauber	M	55	Massapequa	NY	228	9:12	00:28:36.59	225	9:03	00:28:08.90	9:08	00:56:45.49
226	356/625	34/43	43	Scott Benenati	M	49	Islip Terrace	NY	224	9:07	00:28:19.82	232	9:12	00:28:36.84	9:09	00:56:56.66
227	357/625	11/14	282	James Kelleher	M	27	Amityville	NY	209	8:57	00:27:50.98	238	9:23	00:29:10.32	9:10	00:57:01.31
228	358/625	8/14	489	Craig Schackner	M	23	Dix Hills	NY	251	9:41	00:30:05.28	197	8:40	00:26:56.07	9:10	00:57:01.36
229	359/625	9/14	518	Joe Solomita	M	24	Smithtown	NY	252	9:41	00:30:05.28	198	8:40	00:26:56.48	9:10	00:57:01.76
230	363/625	32/46	401	Ray Nieves	M	58	Westbury	NY	239	9:23	00:29:10.99	222	9:02	00:28:04.55	9:12	00:57:15.55
231	364/625	17/21	539	Bobak Talebian	M	30	Syosset	NY	222	9:05	00:28:13.34	236	9:20	00:29:02.85	9:12	00:57:16.19
232	365/625	2/12	619	Buzz White	M	71	Floral Park	NY	242	9:30	00:29:30.99	217	8:56	00:27:47.24	9:13	00:57:18.24
233	367/625	35/43	329	Michael Lubman	M	46	Woodbury	NY	219	9:01	00:28:01.47	243	9:27	00:29:22.47	9:14	00:57:23.94
234	368/625	25/31	631	William Regan	M	42	Port Washington	NY	237	9:19	00:28:59.36	230	9:10	00:28:29.63	9:15	00:57:28.99
235	369/625	3/12	281	Hubert Keen	M	71	Farmingdale	NY	235	9:18	00:28:55.91	231	9:11	00:28:34.89	9:15	00:57:30.80
236	370/625	36/43	662	Mark Temkin	M	48	Plainview	NY	227	9:10	00:28:31.84	237	9:22	00:29:08.96	9:16	00:57:40.80
237	375/625	27/33	325	John Lively	M	62	Hicksville	NY	247	9:34	00:29:44.84	223	9:02	00:28:05.15	9:18	00:57:49.99
238	377/625	4/12	645	David Frisone	M	71	New Hyde Park	NY	238	9:23	00:29:09.90	234	9:17	00:28:51.04	9:20	00:58:00.94
239	381/625	9/18	463	William Richards	M	34	Islip	NY	254	9:43	00:30:14.25	224	9:02	00:28:06.55	9:23	00:58:20.81
240	382/625	33/46	117	Edward Cuff	M	55	Kings Park	NY	253	9:43	00:30:12.19	227	9:04	00:28:11.70	9:23	00:58:23.89
241	385/625	5/12	595	Perry Zeichner	M	67	Brightwaters	NY	231	9:13	00:28:40.86	252	9:36	00:29:50.55	9:25	00:58:31.41
242	387/625	26/31	295	Matthew Kogan	M	42	Plainview	NY	245	9:32	00:29:37.74	235	9:19	00:28:57.06	9:25	00:58:34.81
243	388/625	34/46	302	Jeff Kozarsky	M	59	East Meadow	NY	240	9:24	00:29:13.59	246	9:30	00:29:33.86	9:27	00:58:47.45
244	391/625	6/12	480	Joseph Salow	M	69	Bellerose	NY	244	9:31	00:29:36.73	242	9:25	00:29:18.22	9:28	00:58:54.95
245	397/625	10/18	531	Robert Stefanik	M	50	Garden City	NY	243	9:31	00:29:36.59	247	9:32	00:29:37.29	9:31	00:59:13.88
246	399/625	18/21	25	Shivakumar Arcot	M	33	Bethpage	NY	249	9:36	00:29:51.60	244	9:28	00:29:25.55	9:32	00:59:17.15
247	400/625	11/18	586	Mike Wisniewski	M	37	Dix Hills	NY	233	9:15	00:28:45.92	259	9:51	00:30:36.32	9:33	00:59:22.24
248	401/625	27/31	605	Rey Paulemont	M	44	Medford	NY	234	9:16	00:28:47.73	257	9:50	00:30:34.89	9:33	00:59:22.62
249	404/625	37/43	597	Gregory Zelo	M	45	Saint James	NY	241	9:25	00:29:16.89	254	9:44	00:30:16.66	9:35	00:59:33.56
250	405/625	7/12	640	Ehud Golos	M	65	Roslyn Heights	NY	248	9:35	00:29:49.35	250	9:35	00:29:47.46	9:35	00:59:36.81
251	407/625	10/14	283	Tyler Kelly	M	22	Massapequa Park	NY	259	9:49	00:30:30.94	239	9:23	00:29:11.37	9:36	00:59:42.31
252	409/625	27/34	451	Robert Rate	M	51	Selden	NY	250	9:39	00:30:00.19	251	9:35	00:29:48.60	9:37	00:59:48.79



# Aspire 10K Run

April 2, 2016

## Overall Results - Male

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
253	411/625	13/14	545	Chris Tetteris	M	44	Hicksville	NY	216	9:00	00:28:00.34	280	10:25	00:32:23.29	9:43	01:00:23.63
254	412/625	20/21	78	Marvin Canita	M	39	East Meadow	NY	223	9:05	00:28:15.59	278	10:22	00:32:14.61	9:44	01:00:30.20
255	413/625	28/31	403	Michael Noble	M	40	Rego Park	NY	272	9:59	00:31:03.92	245	9:28	00:29:26.89	9:44	01:00:30.81
256	414/625	12/14	676	Steven Purvin	M	26	Merrick	NY	246	9:32	00:29:37.95	263	9:56	00:30:54.28	9:44	01:00:32.23
257	416/625	8/12	122	Larry Davidson	M	69	Wantagh	NY	268	9:58	00:31:00.72	248	9:32	00:29:39.90	9:45	01:00:40.62
258	419/625	19/21	157	Adam Dworkin	M	32	Massapequa	NY	256	9:48	00:30:27.85	255	9:48	00:30:29.58	9:48	01:00:57.43
259	420/625	38/43	105	Vincent Corrado	M	49	Massapequa	NY	273	10:04	00:31:17.67	249	9:33	00:29:41.79	9:48	01:00:59.46
260	421/625	9/12	366	William Meisner	M	67	Plainview	NY	260	9:49	00:30:31.93	256	9:50	00:30:33.84	9:49	01:01:05.77
261	427/625	35/46	673	Mark Frankel	M	59	Great Neck	NY	264	9:53	00:30:42.49	260	9:52	00:30:41.32	9:52	01:01:23.81
262	429/625	1/6	255	John Horan	M	76	Freeport	NY	258	9:48	00:30:29.51	264	9:57	00:30:55.37	9:52	01:01:24.89
263	430/625	13/14	206	Andy Giron	M	26	Plainview	NY	275	10:09	00:31:32.35	253	9:37	00:29:55.79	9:53	01:01:28.14
264	431/625	5/12	317	Spencer Leitman	M	72	Rockville Ctr	NY	257	9:48	00:30:28.59	266	9:59	00:31:01.58	9:53	01:01:30.17
265	432/625	2/6	571	John Wallace	M	75	Melville	NY	263	9:52	00:30:40.26	262	9:56	00:30:53.30	9:54	01:01:33.56
266	436/625	21/21	108	Patrick Crean	M	39	Huntingtn Sta	NY	271	9:59	00:31:03.74	258	9:50	00:30:35.57	9:55	01:01:39.31
267	440/625	29/31	343	Michael Manzo	M	44	Plainview	NY	269	9:58	00:31:00.92	267	10:01	00:31:08.39	10:00	01:02:09.31
268	442/625	20/21	484	Ryan Santos	M	31	Levittown	NY	261	9:49	00:30:32.92	270	10:11	00:31:38.64	10:00	01:02:11.56
269	444/625	1/2	231	Jack Hanley	M	80	Babylon	NY	265	9:55	00:30:49.73	269	10:07	00:31:28.20	10:01	01:02:17.93
270	447/625	39/43	486	Anthony Sarni	M	47	Hicksville	NY	267	9:57	00:30:57.69	268	10:07	00:31:26.17	10:02	01:02:23.86
271	450/625	36/46	667	Paul Cirrincione	M	57	Dix Hills	NY	262	9:51	00:30:37.59	274	10:17	00:31:57.62	10:04	01:02:35.21
272	454/625	11/14	148	Dylan Downes	M	22	Simsbury	CT	255	9:47	00:30:24.59	281	10:26	00:32:26.90	10:06	01:02:51.50
273	459/625	21/21	599	John Giallanza	M	32	Holbrook	NY	270	9:59	00:31:02.84	275	10:18	00:32:00.73	10:08	01:03:03.57
274	463/625	14/14	151	Timothy Droge	M	61	North Merrick	NY	274	10:07	00:31:26.84	272	10:13	00:31:45.73	10:10	01:03:12.57
275	464/625	6/12	538	Greg Taha	M	71	Northport	NY	283	10:26	00:32:26.71	261	9:54	00:30:47.97	10:10	01:03:14.68
276	468/625	28/33	210	Robert Goldfarb	M	64	Massapequa	NY	284	10:26	00:32:27.68	265	9:58	00:30:58.57	10:12	01:03:26.26
277	471/625	12/18	22	John Angerame	M	57	Bayville	NY						10:13	01:03:30.93	
278	472/625	7/12	166	Doug Escher	M	71	Garden City	NY	276	10:09	00:31:33.50	277	10:19	00:32:04.30	10:14	01:03:37.81
279	478/625	28/34	474	Adam Rothstein	M	53	Wantagh	NY	277	10:16	00:31:54.59	273	10:16	00:31:55.63	10:16	01:03:50.22
280	479/625	3/6	370	Jose Mendez	M	77	Brentwood	NY	279	10:18	00:32:02.93	276	10:19	00:32:03.39	10:18	01:04:06.32
281	482/625	14/14	577	Kevin Watral	M	27	Holtsville	NY	266	9:57	00:30:56.34	285	10:42	00:33:16.34	10:19	01:04:12.68
282	484/625	40/43	38	Garner Bass	M	46	Plainview	NY	280	10:20	00:32:07.22	282	10:26	00:32:27.63	10:23	01:04:34.85
283	485/625	41/43	374	Chuck Merritt	M	49	Plainview	NY	311	11:39	00:36:12.34	229	9:09	00:28:27.82	10:24	01:04:40.16
284	486/625	10/12	371	Alan Mensch	M	69	Melville	NY	285	10:31	00:32:41.15	279	10:24	00:32:21.24	10:27	01:05:02.39
285	489/625	29/34	495	Ed Schuck	M	54	Levittown	NY	281	10:25	00:32:24.28	284	10:38	00:33:04.99	10:32	01:05:29.28
286	497/625	30/34	66	Mark Brozek	M	52	Huntington	NY	278	10:18	00:32:01.50	296	11:02	00:34:16.93	10:40	01:06:18.44
287	498/625	12/14	887	David Kirsch	M	24	Setauket	NY	289	10:38	00:33:02.42	287	10:43	00:33:18.45	10:40	01:06:20.87
288	503/625	37/46	292	Roy Kleshefsky	M	59	Garden City	NY	287	10:33	00:32:49.26	290	10:54	00:33:52.46	10:43	01:06:41.73

# Aspire 10K Run

April 2, 2016

## Overall Results - Male

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
289	504/625	38/46	600	Thomas Scollo	M	58	Massapequa	NY	293	10:47	00:33:30.47	286	10:42	00:33:16.84	10:44	01:06:47.31
290	510/625	42/43	209	Glenn Godino	M	48	Plainview	NY	282	10:26	00:32:25.54	301	11:10	00:34:43.21	10:48	01:07:08.75
291	511/625	39/46	199	Mark Gelbien	M	59	Plainview	NY	294	10:47	00:33:30.68	288	10:50	00:33:39.85	10:48	01:07:10.53
292	512/625	40/46	601	Dermot Murphy	M	58	Massapequa	NY	290	10:41	00:33:13.59	293	10:57	00:34:02.87	10:49	01:07:16.47
293	513/625	41/46	513	Paul Smolevitz	M	58	Woodbury	NY	291	10:41	00:33:13.80	295	10:58	00:34:06.50	10:50	01:07:20.30
294	517/625	31/34	499	Robert Shaller	M	54	Douglaston	NY	296	10:57	00:34:02.34	294	10:58	00:34:04.48	10:57	01:08:06.82
295	520/625	42/46	658	Peter Hoey	M	56	Floral Park	NY	299	11:05	00:34:28.43	289	10:51	00:33:42.89	10:58	01:08:11.32
296	521/625	13/18	380	Adam Mills	M	33	Merrick	NY	292	10:45	00:33:26.34	302	11:11	00:34:47.46	10:58	01:08:13.80
297	522/625	32/34	304	Larry Kurtzman	M	53	Plainview	NY	288	10:34	00:32:51.33	304	11:23	00:35:24.92	10:59	01:08:16.25
298	523/625	11/12	107	Howard Cragg	M	68	Bethpage	NY	297	10:57	00:34:03.59	300	11:04	00:34:24.98	11:01	01:08:28.57
299	525/625	33/34	661	Richard Carlson	M	52	Merrick	NY	302	11:08	00:34:37.96	292	10:54	00:33:53.87	11:01	01:08:31.83
300	529/625	43/46	114	Jose Cruz	M	58	Hicksville	NY	295	10:48	00:33:33.84	303	11:18	00:35:07.64	11:03	01:08:41.49
301	531/625	8/12	582	Diarmuid White	M	73	Douglaston	NY	300	11:06	00:34:30.89	297	11:02	00:34:17.28	11:04	01:08:48.18
302	533/625	34/34	258	Dennis Hughes	M	51	Shirley	NY	308	11:32	00:35:51.99	283	10:37	00:33:00.37	11:05	01:08:52.37
303	536/625	4/4	138	Nick Digaetano	M	15	Lindenhurst	NY	304	11:19	00:35:11.36	298	11:03	00:34:20.30	11:11	01:09:31.66
304	537/625	30/31	137	Joe Digaetano	M	44	Lindenhurst	NY	303	11:19	00:35:11.15	299	11:03	00:34:22.13	11:11	01:09:33.29
305	539/625	44/46	614	William Lofmark	M	57	Lake Ronkonkoma	NY	309	11:34	00:35:59.10	291	10:54	00:33:52.70	11:14	01:09:51.80
306	540/625	45/46	633	Lance Margolin	M	57	Woodbury	NY	298	11:05	00:34:26.81	305	11:30	00:35:46.52	11:18	01:10:13.33
307	543/625	14/18	280	Wayne Keebler	M	68	Massapequa	NY	301	11:08	00:34:35.59	307	11:44	00:36:28.83	11:26	01:11:04.43
308	547/625	31/31	82	Daniel Cardone	M	44	Ronkonkoma	NY	305	11:23	00:35:25.13	306	11:35	00:36:01.70	11:29	01:11:26.83
309	561/625	2/2	385	Carlos Morales	M	81	Corona	NY	307	11:29	00:35:42.42	310	12:09	00:37:45.45	11:49	01:13:27.88
310	566/625	29/33	427	Edward Petry	M	63	Port Jeff Sta	NY	312	11:51	00:36:50.55	311	12:13	00:37:57.78	12:02	01:14:48.34
311	567/625	30/33	349	Tom Masone	M	63	E Northport	NY	310	11:36	00:36:05.29	314	12:28	00:38:45.28	12:02	01:14:50.57
312	569/625	31/33	632	Gregory Scott	M	61	Plainview	NY	306	11:28	00:35:38.61	319	12:49	00:39:51.74	12:09	01:15:30.35
313	571/625	9/12	118	Jacob Cysner	M	73	Forest Hill	NY	313	12:00	00:37:17.84	312	12:19	00:38:18.75	12:10	01:15:36.59
314	573/625	10/12	276	Stanley Kalinoski	M	72	Commack	NY	315	12:13	00:37:58.74	309	12:07	00:37:41.21	12:10	01:15:39.95
315	576/625	11/12	174	Peter Farmer	M	72	New Hyde Park	NY	317	12:21	00:38:24.28	308	12:05	00:37:35.01	12:13	01:15:59.29
316	577/625	46/46	202	Steve Gerson	M	58	East Meadow	NY	316	12:20	00:38:20.18	313	12:22	00:38:27.26	12:21	01:16:47.44
317	584/625	15/18	514	Doug Softy	M	60	Bethpage	NY	314	12:12	00:37:56.43	318	12:45	00:39:38.10	12:29	01:17:34.53
318	585/625	13/14	892	Roberto Lipponer	M	20	Patchogue	NY	319	12:21	00:38:25.10	315	12:38	00:39:15.33	12:29	01:17:40.43
319	586/625	12/12	879	Mark Gallop	M	65	W.Islip	NY	318	12:21	00:38:25.10	316	12:38	00:39:16.43	12:30	01:17:41.54
320	588/625	16/18	415	Richard O'neill	M	49	Ctr Moriches	NY	320	12:27	00:38:43.32	317	12:39	00:39:21.02	12:33	01:18:04.34
321	593/625	32/33	462	Mitchell Rich	M	61	Merrick	NY	322	12:46	00:39:42.35	320	13:06	00:40:43.24	12:56	01:20:25.60
322	597/625	4/6	410	Michael Ogazon	M	75	Garden City	NY	321	12:33	00:38:59.99	321	14:09	00:43:58.54	13:21	01:22:58.54
323	601/625	4/4	375	Zachary Merritt	M	10	Plainview	NY	323	13:35	00:42:14.26	326	14:39	00:45:32.59	14:07	01:27:46.86
324	603/625	1/1	267	Bert Jablon	M	89	Syosset	NY	325	13:55	00:43:14.86	322	14:22	00:44:40.47	14:08	01:27:55.34

# Aspire 10K Run

April 2, 2016

## Overall Results - Male

10K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
325	604/625	17/18	142	Gordon Dollack	M	62	North Babylon	NY	324	13:54	00:43:11.92	324	14:25	00:44:48.90	14:09	01:28:00.82
326	608/625	5/6	245	Norman Hershkowitz	M	77	N Massapequa	NY	327	14:06	00:43:48.86	323	14:25	00:44:48.58	14:15	01:28:37.44
327	609/625	12/12	634	Ronald Friedman	M	70	Centerport	NY	326	14:05	00:43:48.49	325	14:29	00:45:02.04	14:17	01:28:50.53
328	610/625	18/18	677	Stephen Sprague	M	38	Oceanside	NY	328	14:15	00:44:17.38	327	14:46	00:45:55.72	14:31	01:30:13.11
329	616/625	14/14	881	Eric Gunderson	M	24	Medford	NY	329	15:09	00:47:05.56	328	15:23	00:47:48.03	15:16	01:34:53.59
330	620/625	43/43	876	Edward Devlin	M	45	Hauppauge	NY	331	15:49	00:49:10.50	329	16:06	00:50:02.30	15:57	01:39:12.80
331	621/625	6/6	26	Barry Aronowsky	M	75	Greenlawn	NY	330	15:47	00:49:03.11	330	16:42	00:51:53.38	16:14	01:40:56.49
332	625/625	33/33	874	Steve Cuomo	M	64	Shirley	NY	332	17:49	00:55:24.37	331	17:07	00:53:12.78	17:28	01:48:37.15