

Caumsett Park 50K Championship and GLIRC 25K Run 2017

50K Championship

Overall Results

March 5, 2017

Lap legend: (time, pace & place)

Female

Place	overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
1	8/57	1/4	57	Camille Shiflett	F	43	Port Washington	WI	10	00:21:18.95	03:33:09.56		
	Lap 1 to 4	00:20:50.22	6:42	9	00:20:57.48	6:44	10	00:20:55.73	6:44	10	00:21:54.27	7:03	11
	Lap 5 to 8	00:20:57.09	6:44	11	00:21:02.38	6:46	9	00:20:59.72	6:45	6	00:20:57.92	6:44	6
	Lap 9 & 10	00:21:51.22	7:02	8	00:22:43.50	7:18	7						
2	11/57	1/6	67	Devon Yanko	F	34	San Anselmo	CA	10	00:22:36.36	03:46:03.65		
	Lap 1 to 4	00:21:53.79	7:02	11	00:22:11.39	7:08	14	00:21:52.72	7:02	12	00:22:09.92	7:08	12
	Lap 5 to 8	00:22:41.82	7:18	15	00:23:04.81	7:25	15	00:23:17.56	7:29	13	00:22:56.06	7:22	11
	Lap 9 & 10	00:23:05.81	7:26	9	00:22:49.74	7:20	8						
3	16/57	2/6	73	Lauren Dorsky	F	21	New York	NY	10	00:24:29.61	04:04:56.18		
	Lap 1 to 4	00:23:05.85	7:26	18	00:23:29.94	7:33	19	00:23:19.16	7:30	18	00:23:27.95	7:33	17
	Lap 5 to 8	00:24:12.58	7:47	19	00:24:09.46	7:46	17	00:24:42.28	7:57	17	00:26:08.76	8:24	18
	Lap 9 & 10	00:26:21.45	8:28	15	00:25:58.72	8:21	16						
4	19/57	3/6	3	Ashley Backman	F	38	Encinitas	CA	10	00:25:12.66	04:12:06.69		
	Lap 1 to 4	00:23:37.65	7:36	22	00:23:55.19	7:41	24	00:24:52.05	8:00	24	00:25:00.55	8:02	22
	Lap 5 to 8	00:25:15.43	8:07	22	00:25:59.84	8:22	22	00:26:23.34	8:29	22	00:26:07.56	8:24	17
	Lap 9 & 10	00:26:37.51	8:34	17	00:24:17.53	7:49	10						
5	20/57	4/6	56	Rene Seigrist	F	33	Annville	PA	10	00:25:14.50	04:12:25.08		
	Lap 1 to 4	00:26:29.90	8:31	33	00:25:29.81	8:12	28	00:25:49.02	8:18	29	00:25:20.28	8:09	25
	Lap 5 to 8	00:25:04.61	8:04	20	00:25:13.63	8:07	19	00:24:58.82	8:02	18	00:24:58.57	8:02	16
	Lap 9 & 10	00:24:38.48	7:55	12	00:24:21.94	7:50	11						
6	22/57	5/6	30	Julie Kheyfets	F	28	New York	NY	10	00:25:25.95	04:14:19.50		
	Lap 1 to 4	00:22:58.57	7:23	16	00:23:37.39	7:36	20	00:23:32.14	7:34	19	00:24:59.90	8:02	21
	Lap 5 to 8	00:26:07.00	8:24	26	00:26:31.72	8:32	25	00:26:48.34	8:37	23	00:27:42.69	8:55	23
	Lap 9 & 10	00:25:59.96	8:22	13	00:26:01.76	8:22	17						
7	25/57	2/4	46	Lan Nguyen	F	42	Brooklyn	NY	10	00:26:05.76	04:20:57.60		
	Lap 1 to 4	00:25:25.12	8:10	28	00:24:41.84	7:56	27	00:24:56.78	8:01	25	00:25:26.05	8:11	26
	Lap 5 to 8	00:26:12.25	8:26	27	00:26:44.20	8:36	26	00:27:27.32	8:50	28	00:27:07.08	8:43	22
	Lap 9 & 10	00:27:09.44	8:44	19	00:25:47.47	8:18	14						
8	26/57	1/2	28	Jodi Kartes-Heino	F	46	East Quogue	NY	10	00:26:12.76	04:22:07.62		
	Lap 1 to 4	00:25:52.12	8:19	31	00:25:48.60	8:18	30	00:25:58.77	8:21	30	00:26:14.13	8:26	29
	Lap 5 to 8	00:26:54.10	8:39	29	00:26:12.96	8:26	23	00:25:58.54	8:21	20	00:26:26.68	8:30	20
	Lap 9 & 10	00:26:34.31	8:33	16	00:26:07.38	8:24	18						
9	27/57	3/4	41	Shannon McGinn	F	41	Avenel	NJ	10	00:27:23.74	04:33:57.45		
	Lap 1 to 4	00:26:32.44	8:32	35	00:25:47.38	8:18	29	00:26:13.73	8:26	31	00:28:44.08	9:14	43
	Lap 5 to 8	00:28:18.20	9:06	35	00:28:53.14	9:17	35	00:27:50.50	8:57	29	00:28:06.69	9:02	27
	Lap 9 & 10	00:27:19.61	8:47	21	00:26:11.66	8:25	19						
10	28/57	6/6	55	Kimberly Schwartz	F	38	Brick	NJ	10	00:27:23.78	04:33:57.86		
	Lap 1 to 4	00:28:11.27	9:04	44	00:26:49.46	8:38	35	00:26:35.83	8:33	32	00:26:24.57	8:30	30
	Lap 5 to 8	00:27:34.70	8:52	34	00:28:52.93	9:17	34	00:27:50.50	8:57	30	00:28:06.52	9:02	26
	Lap 9 & 10	00:27:19.86	8:47	22	00:26:12.20	8:26	20						
11	37/57	1/2	58	Kim Solomine	F	59	Syosset	NY	10	00:29:03.20	04:50:32.08		
	Lap 1 to 4	00:28:35.16	9:12	46	00:27:32.32	8:51	40	00:28:40.02	9:13	42	00:28:32.12	9:11	39
	Lap 5 to 8	00:28:35.35	9:12	36	00:28:55.48	9:18	36	00:29:34.68	9:31	35	00:30:21.08	9:46	35
	Lap 9 & 10	00:30:01.32	9:39	32	00:29:44.52	9:34	30						

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Overall Results

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Lap legend: (time, pace & place)

Female

Place	overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
12	40/57	2/2	15	Barbara Cronin-Stagnari	F	55	Mineola	NY	10	00:30:18.51	05:03:05.16		
	Lap 1 to 4	00:28:17.09	9:06	45	00:28:52.04	9:17	45	00:29:44.94	9:34	47	00:28:30.86	9:10	38
	Lap 5 to 8	00:31:09.69	10:01	45	00:29:24.01	9:27	37	00:29:43.83	9:34	36	00:30:36.20	9:50	37
	Lap 9 & 10	00:32:54.75	10:35	38	00:33:51.72	10:53	38						
13	44/57	2/2	34	Esther Levine	F	46	Long Island City	NY	10	00:32:08.45	05:21:24.50		
	Lap 1 to 4	00:29:03.91	9:21	48	00:29:14.83	9:24	48	00:30:32.33	9:49	48	00:30:25.12	9:47	48
	Lap 5 to 8	00:32:41.55	10:31	47	00:32:10.08	10:21	46	00:35:17.01	11:21	47	00:32:32.85	10:28	39
	Lap 9 & 10	00:35:06.82	11:18	43	00:34:19.96	11:03	39						
14	51/57	1/1	12	Eva Casale	F	52	Glen Cove	NY	10	00:35:29.26	05:54:52.61		
	Lap 1 to 4	00:31:57.48	10:17	50	00:33:05.78	10:39	52	00:32:45.64	10:32	52	00:33:34.99	10:48	49
	Lap 5 to 8	00:35:39.86	11:28	53	00:38:07.91	12:16	53	00:37:33.34	12:05	49	00:38:02.08	12:14	48
	Lap 9 & 10	00:38:14.63	12:18	48	00:35:50.87	11:32	43						
15	54/57	4/4	29	Kristen Kastrinos	F	42	Kings Park	NY	10	00:37:36.86	06:16:08.66		
	Lap 1 to 4	00:35:08.68	11:18	56	00:33:15.23	10:42	53	00:37:20.63	12:01	56	00:34:50.93	11:12	54
	Lap 5 to 8	00:34:06.55	10:58	50	00:36:01.78	11:35	52	00:39:58.39	12:51	53	00:40:47.52	13:07	52
	Lap 9 & 10	00:43:14.79	13:55	53	00:41:24.13	13:19	53						
16	57/57	1/1	47	Rose O'sullivan	F	65	Greenwich	CT	10	00:41:14.71	06:52:27.16		
	Lap 1 to 4	00:39:21.65	12:40	57	00:36:56.14	11:53	57	00:37:51.36	12:11	57	00:40:39.27	13:05	57
	Lap 5 to 8	00:40:36.66	13:04	57	00:42:04.16	13:32	55	00:45:24.47	14:36	55	00:44:41.68	14:23	54
	Lap 9 & 10	00:46:14.72	14:53	55	00:38:37.02	12:25	51						

Male

Place	overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
1	1/57	1/11	26	Tyler Jermann	M	24	Flagstaff	AZ	10	00:16:53.65	02:48:56.50		
	Lap 1 to 4	00:16:49.52	5:24	1	00:16:31.60	5:19	1	00:16:21.10	5:15	1	00:16:24.04	5:16	1
	Lap 5 to 8	00:16:39.18	5:21	1	00:16:46.07	5:23	1	00:18:17.76	5:53	2	00:15:54.90	5:07	1
	Lap 9 & 10	00:17:23.06	5:35	1	00:17:49.23	5:44	1						
2	2/57	2/11	18	Nick Edinger	M	25	Beaver Falls	PA	10	00:17:20.45	02:53:24.51		
	Lap 1 to 4	00:16:54.61	5:26	2	00:16:47.21	5:24	2	00:16:52.04	5:25	2	00:16:50.28	5:25	2
	Lap 5 to 8	00:16:55.69	5:26	2	00:16:59.98	5:28	2	00:17:07.68	5:30	1	00:17:27.01	5:36	2
	Lap 9 & 10	00:18:10.49	5:50	2	00:19:19.49	6:13	2						
3	3/57	3/11	53	Chris Raulli	M	28	Manlius	NY	10	00:18:27.52	03:04:35.26		
	Lap 1 to 4	00:17:43.63	5:42	3	00:17:53.92	5:45	3	00:17:59.38	5:47	4	00:17:51.28	5:44	3
	Lap 5 to 8	00:18:04.41	5:49	3	00:18:21.24	5:54	4	00:18:31.32	5:57	3	00:18:33.63	5:58	3
	Lap 9 & 10	00:19:05.16	6:08	3	00:20:31.25	6:36	3						
4	4/57	4/11	13	Kory Cool	M	29	Manhattan	KS	10	00:18:45.62	03:07:36.29		
	Lap 1 to 4	00:18:09.49	5:50	5	00:18:04.63	5:49	5	00:18:07.94	5:50	5	00:18:16.67	5:52	5
	Lap 5 to 8	00:18:13.85	5:52	5	00:18:20.05	5:54	3	00:18:31.51	5:57	4	00:18:41.56	6:00	4
	Lap 9 & 10	00:19:33.29	6:17	4	00:21:37.27	6:57	6						
5	5/57	1/4	68	Boyd Carrington	M	44	Amityville	NY	10	00:20:42.65	03:27:06.50		
	Lap 1 to 4	00:20:09.85	6:29	7	00:20:44.17	6:40	9	00:20:14.97	6:31	8	00:19:58.91	6:25	7
	Lap 5 to 8	00:19:42.94	6:20	6	00:20:56.41	6:44	7	00:21:31.70	6:55	9	00:21:21.56	6:52	8
	Lap 9 & 10	00:20:52.05	6:42	7	00:21:33.89	6:56	5						

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6	6/57	2/4	22	Aaron Heath	M	42	Chappaqua	NY	10	00:20:51.06	03:28:30.67		
	Lap 1 to 4	00:20:52.09	6:42	10	00:20:09.00	6:29	7	00:20:06.32	6:28	6	00:19:46.70	6:21	6
	Lap 5 to 8	00:19:51.49	6:23	7	00:20:17.81	6:31	6	00:20:58.78	6:45	5	00:22:41.34	7:18	10
	Lap 9 & 10	00:20:41.04	6:39	5	00:23:06.08	7:26	9						
7	7/57	5/11	27	C Fred Joslyn	M	33	Mount Holly Sprin	PA	10	00:21:08.64	03:31:26.43		
	Lap 1 to 4	00:17:43.72	5:42	4	00:17:53.96	5:45	4	00:17:58.79	5:47	3	00:18:05.15	5:49	4
	Lap 5 to 8	00:18:09.02	5:50	4	00:18:57.86	6:06	5	00:21:52.32	7:02	10	00:24:37.85	7:55	14
	Lap 9 & 10	00:27:39.35	8:54	24	00:28:28.38	9:09	28						
8	9/57	1/6	40	Philip Mccarthy	M	48	New York	NY	10	00:21:31.20	03:35:12.07		
	Lap 1 to 4	00:20:29.74	6:35	8	00:20:16.92	6:31	8	00:20:46.09	6:41	9	00:20:36.06	6:37	9
	Lap 5 to 8	00:20:43.09	6:40	9	00:21:01.24	6:45	8	00:21:16.48	6:50	8	00:22:24.78	7:12	9
	Lap 9 & 10	00:23:10.70	7:27	10	00:24:26.95	7:52	12						
9	10/57	6/11	19	Jossi Fritz-Mauer	M	32	Old Bethpage	NY	10	00:21:51.49	03:38:34.95		
	Lap 1 to 4	00:22:40.05	7:17	13	00:22:09.54	7:07	13	00:22:20.33	7:11	14	00:22:13.20	7:09	13
	Lap 5 to 8	00:22:20.15	7:11	12	00:21:56.41	7:03	11	00:22:07.06	7:07	11	00:21:18.76	6:51	7
	Lap 9 & 10	00:20:41.12	6:39	6	00:20:48.29	6:41	4						
10	12/57	7/11	35	Joshua Litofsky	M	24	State College	PA	10	00:23:02.51	03:50:25.19		
	Lap 1 to 4	00:19:08.13	6:09	6	00:20:03.05	6:27	6	00:20:10.04	6:29	7	00:20:25.82	6:34	8
	Lap 5 to 8	00:20:23.06	6:33	8	00:21:05.30	6:47	10	00:23:22.55	7:31	14	00:28:29.69	9:10	29
	Lap 9 & 10	00:27:19.48	8:47	20	00:29:58.03	9:38	31						
11	13/57	8/11	31	Robert Lafrance	M	20	Boston	MA	10	00:23:07.41	03:51:14.12		
	Lap 1 to 4	00:22:16.55	7:10	12	00:21:21.40	6:52	11	00:21:12.75	6:49	11	00:20:47.29	6:41	10
	Lap 5 to 8	00:20:44.12	6:40	10	00:22:47.97	7:20	13	00:20:59.90	6:45	7	00:20:49.17	6:42	5
	Lap 9 & 10	00:29:42.83	9:33	31	00:30:32.10	9:49	33						
12	14/57	1/7	61	Brian Teason	M	56	Manchester	VT	10	00:23:16.79	03:52:47.99		
	Lap 1 to 4	00:23:12.12	7:28	20	00:22:46.31	7:19	15	00:22:47.82	7:20	15	00:22:48.32	7:20	15
	Lap 5 to 8	00:22:41.51	7:18	14	00:22:57.87	7:23	14	00:23:07.03	7:26	12	00:23:29.84	7:33	12
	Lap 9 & 10	00:24:11.26	7:47	11	00:24:45.88	7:58	13						
13	15/57	2/6	72	Tommy Nettuno	M	47	Babylon	NY	10	00:23:56.71	03:59:27.10		
	Lap 1 to 4	00:22:43.26	7:18	14	00:22:04.70	7:06	12	00:22:13.81	7:09	13	00:22:21.15	7:11	14
	Lap 5 to 8	00:22:27.86	7:13	13	00:22:43.78	7:18	12	00:23:28.43	7:33	15	00:24:25.79	7:51	13
	Lap 9 & 10	00:26:48.60	8:37	18	00:30:09.69	9:42	32						
14	17/57	3/6	23	Timothy Henderson	M	47	Sayville	NY	10	00:24:44.10	04:07:21.04		
	Lap 1 to 4	00:23:37.61	7:36	21	00:23:20.47	7:30	18	00:23:41.18	7:37	20	00:23:40.66	7:37	19
	Lap 5 to 8	00:24:10.50	7:46	18	00:23:44.80	7:38	16	00:24:22.33	7:50	16	00:24:50.32	7:59	15
	Lap 9 & 10	00:27:28.80	8:50	23	00:28:24.35	9:08	27						
15	18/57	4/6	59	John Spannuth	M	47	Silverdale	WA	10	00:24:59.85	04:09:58.54		
	Lap 1 to 4	00:22:45.12	7:19	15	00:22:47.09	7:20	16	00:23:00.06	7:24	16	00:22:56.49	7:23	16
	Lap 5 to 8	00:23:37.49	7:36	16	00:24:21.22	7:50	18	00:26:16.95	8:27	21	00:26:50.67	8:38	21
	Lap 9 & 10	00:28:59.86	9:19	27	00:28:23.58	9:08	26						
16	21/57	2/7	44	Jim Morris	M	55	Northport	NY	10	00:25:15.92	04:12:39.29		
	Lap 1 to 4	00:24:30.13	7:53	23	00:23:47.73	7:39	22	00:24:43.41	7:57	23	00:25:15.55	8:07	23
	Lap 5 to 8	00:25:06.30	8:04	21	00:25:16.79	8:08	20	00:25:38.98	8:15	19	00:26:17.21	8:27	19
	Lap 9 & 10	00:26:05.07	8:23	14	00:25:58.09	8:21	15						

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17	23/57	5/6	62	Daniel Valderrama	M	46	Oyster Bay	NY	10	00:25:56.87	04:19:28.71		
	Lap 1 to 4	00:24:31.51	7:53	25	00:23:48.17	7:39	23	00:24:20.28	7:49	21	00:24:44.87	7:57	20
	Lap 5 to 8	00:25:16.58	8:08	23	00:25:56.32	8:20	21	00:27:08.00	8:43	25	00:27:48.49	8:57	24
	Lap 9 & 10	00:28:31.99	9:11	25	00:27:22.47	8:48	24						
18	24/57	3/4	43	Rich Minns	M	42	Massapequa Park	NY	10	00:25:56.87	04:19:28.71		
	Lap 1 to 4	00:23:10.50	7:27	19	00:23:05.59	7:25	17	00:23:15.32	7:29	17	00:23:31.60	7:34	18
	Lap 5 to 8	00:23:46.13	7:39	17	00:26:31.46	8:32	24	00:27:20.50	8:48	26	00:28:36.16	9:12	30
	Lap 9 & 10	00:30:42.87	9:53	33	00:29:28.55	9:29	29						
19	29/57	1/4	2	Paul Arlt	M	60	Bridgewater	NJ	10	00:27:36.32	04:36:03.26		
	Lap 1 to 4	00:26:21.54	8:29	32	00:26:26.47	8:30	34	00:28:14.23	9:05	39	00:26:30.33	8:31	31
	Lap 5 to 8	00:27:01.54	8:41	30	00:27:59.78	9:00	31	00:28:07.35	9:03	32	00:28:46.42	9:15	32
	Lap 9 & 10	00:29:18.60	9:26	29	00:27:16.97	8:46	23						
20	30/57	6/6	60	Gerald Tabios	M	47	Elmhurst	NY	10	00:27:47.01	04:37:50.19		
	Lap 1 to 4	00:25:03.19	8:03	26	00:24:38.70	7:55	26	00:25:02.78	8:03	27	00:25:52.19	8:19	28
	Lap 5 to 8	00:26:37.90	8:34	28	00:27:24.25	8:49	27	00:28:34.64	9:11	33	00:29:59.03	9:39	34
	Lap 9 & 10	00:32:05.10	10:19	36	00:32:32.39	10:28	36						
21	31/57	3/7	25	Michael Hunter	M	55	Merrick	NY	10	00:28:00.85	04:40:08.52		
	Lap 1 to 4	00:27:33.85	8:52	41	00:28:17.87	9:06	43	00:28:37.09	9:12	41	00:27:34.08	8:52	35
	Lap 5 to 8	00:27:33.16	8:52	33	00:27:40.89	8:54	29	00:27:07.30	8:43	24	00:28:25.43	9:08	28
	Lap 9 & 10	00:29:13.30	9:24	28	00:28:05.52	9:02	25						
22	32/57	2/4	63	Marc Vengrove	M	60	Allentown	PA	10	00:28:11.40	04:41:54.04		
	Lap 1 to 4	00:26:55.87	8:40	37	00:27:11.81	8:45	38	00:27:02.08	8:42	35	00:27:40.99	8:54	37
	Lap 5 to 8	00:27:29.46	8:50	31	00:28:33.74	9:11	32	00:27:55.14	8:59	31	00:28:01.10	9:01	25
	Lap 9 & 10	00:29:37.58	9:32	30	00:31:26.24	10:07	35						
23	33/57	1/5	45	Bill Mullaney	M	51	Oakdale	NY	10	00:28:13.76	04:42:17.60		
	Lap 1 to 4	00:24:30.66	7:53	24	00:23:47.31	7:39	21	00:24:43.31	7:57	22	00:25:16.32	8:08	24
	Lap 5 to 8	00:25:16.87	8:08	24	00:29:48.74	9:35	38	00:29:50.38	9:36	37	00:30:29.33	9:48	36
	Lap 9 & 10	00:32:26.70	10:26	37	00:36:07.95	11:37	45						
24	34/57	9/11	9	Daniel Boline	M	36	New York	NY	10	00:28:17.46	04:42:54.69		
	Lap 1 to 4	00:27:32.63	8:51	40	00:27:11.78	8:45	37	00:27:04.64	8:42	36	00:27:17.10	8:46	34
	Lap 5 to 8	00:27:30.38	8:51	32	00:27:39.66	8:54	28	00:27:22.92	8:48	27	00:28:38.83	9:13	31
	Lap 9 & 10	00:31:12.75	10:02	34	00:31:23.97	10:06	34						
25	35/57	10/11	48	Michael Ortiz	M	33	Brooklyn	NY	10	00:28:56.81	04:49:28.16		
	Lap 1 to 4	00:26:38.61	8:34	36	00:27:12.82	8:45	39	00:27:32.98	8:52	37	00:27:37.29	8:53	36
	Lap 5 to 8	00:34:18.50	11:02	51	00:27:51.35	8:57	30	00:29:21.83	9:27	34	00:30:51.68	9:55	38
	Lap 9 & 10	00:31:27.07	10:07	35	00:26:36.00	8:33	21						
26	36/57	11/11	17	David Drebsky	M	36	Plainview	NY	10	00:28:56.91	04:49:29.11		
	Lap 1 to 4	00:27:52.91	8:58	42	00:28:59.33	9:19	46	00:29:33.25	9:30	46	00:28:40.36	9:13	41
	Lap 5 to 8	00:29:24.14	9:27	40	00:30:10.82	9:42	39	00:30:17.66	9:45	38	00:28:50.26	9:16	33
	Lap 9 & 10	00:28:43.33	9:14	26	00:26:57.03	8:40	22						
27	38/57	2/5	32	Eliot Lee	M	54	Croton On Hudson	NY	10	00:29:05.58	04:50:55.83		
	Lap 1 to 4	00:25:42.15	8:16	30	00:26:00.03	8:22	31	00:25:00.32	8:02	26	00:25:43.02	8:16	27
	Lap 5 to 8	00:25:35.31	8:14	25	00:28:42.62	9:14	33	00:30:55.39	9:57	39	00:33:10.67	10:40	41
	Lap 9 & 10	00:34:14.26	11:01	40	00:35:52.02	11:32	44						

Caumsett Park 50K Championship and GLIRC 25K Run 2017

50K Championship

Overall Results

March 5, 2017

Lap legend: (time, pace & place)

Male

Place	overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
28	39/57	3/4	70	Andrei Aroneanu	M	62	Ridgewood	NJ	10	00:30:14.17	05:02:21.72		
	Lap 1 to 4	00:26:29.90	8:31	34	00:26:55.27	8:39	36	00:28:59.64	9:19	44	00:28:38.29	9:13	40
	Lap 5 to 8	00:28:50.36	9:16	37	00:30:49.02	9:55	41	00:32:15.61	10:22	40	00:32:35.74	10:29	40
	Lap 9 & 10	00:33:02.70	10:38	39	00:33:45.16	10:51	37						
29	41/57	3/5	8	Sergey Boldyrev	M	54	Brooklyn	NY	10	00:30:58.10	05:09:41.07		
	Lap 1 to 4	00:27:19.01	8:47	38	00:28:41.23	9:13	44	00:28:08.83	9:03	38	00:28:41.07	9:13	42
	Lap 5 to 8	00:30:26.59	9:47	41	00:30:32.33	9:49	40	00:32:28.55	10:27	41	00:33:21.39	10:44	42
	Lap 9 & 10	00:34:49.93	11:12	42	00:35:12.12	11:19	41						
30	42/57	4/4	71	Bob Oberkehr	M	62	Northvale	NJ	10	00:31:34.36	05:15:43.62		
	Lap 1 to 4	00:27:24.15	8:49	39	00:27:49.33	8:57	41	00:28:31.33	9:10	40	00:29:31.99	9:30	46
	Lap 5 to 8	00:30:52.10	9:56	44	00:31:37.17	10:10	43	00:32:58.34	10:36	43	00:35:29.55	11:25	44
	Lap 9 & 10	00:36:28.63	11:44	44	00:35:01.00	11:16	40						
31	43/57	1/2	42	James Miner	M	68	Dryden	NY	10	00:31:42.04	05:17:00.49		
	Lap 1 to 4	00:28:07.76	9:03	43	00:29:00.16	9:20	47	00:29:18.67	9:26	45	00:29:21.81	9:27	44
	Lap 5 to 8	00:31:25.09	10:06	46	00:31:46.48	10:13	44	00:32:38.83	10:30	42	00:34:45.04	11:11	43
	Lap 9 & 10	00:34:47.76	11:11	41	00:35:48.86	11:31	42						
32	45/57	4/7	37	Jay Masten	M	58	Bohemia	NY	10	00:32:32.74	05:25:27.41		
	Lap 1 to 4	00:28:35.66	9:12	47	00:28:01.33	9:01	42	00:28:43.75	9:14	43	00:29:39.43	9:32	47
	Lap 5 to 8	00:30:48.78	9:55	43	00:32:27.00	10:26	48	00:34:22.23	11:03	45	00:37:29.53	12:04	47
	Lap 9 & 10	00:37:49.93	12:10	47	00:37:29.76	12:04	48						
33	46/57	4/4	38	Roman Matuska	M	41	New York	NY	10	00:32:36.61	05:26:06.17		
	Lap 1 to 4	00:25:12.92	8:06	27	00:26:03.11	8:23	32	00:26:51.52	8:38	33	00:29:30.53	9:29	45
	Lap 5 to 8	00:29:16.50	9:25	39	00:31:51.19	10:15	45	00:39:29.72	12:42	52	00:38:22.35	12:21	49
	Lap 9 & 10	00:41:28.04	13:20	51	00:38:00.26	12:13	49						
34	47/57	5/7	49	Vincent Oshaughnessy	M	56	West Babylon	NY	10	00:34:07.75	05:41:17.55		
	Lap 1 to 4	00:31:58.42	10:17	51	00:34:44.06	11:10	55	00:31:06.10	10:00	49	00:33:36.11	10:48	50
	Lap 5 to 8	00:32:48.23	10:33	48	00:31:32.70	10:09	42	00:34:05.60	10:58	44	00:36:28.49	11:44	46
	Lap 9 & 10	00:38:39.09	12:26	49	00:36:18.73	11:41	46						
35	48/57	6/7	14	Ted Cowles	M	58	West Granby	CT	10	00:35:06.05	05:51:00.58		
	Lap 1 to 4	00:25:30.81	8:12	29	00:26:17.88	8:27	33	00:26:58.50	8:40	34	00:26:39.68	8:34	32
	Lap 5 to 8	00:28:50.57	9:16	38	00:32:11.40	10:21	47	00:38:59.04	12:32	51	00:47:50.90	15:24	56
	Lap 9 & 10	00:47:55.79	15:25	56	00:49:45.98	16:01	57						
36	49/57	4/5	64	Bert Volland	M	53	Patchogue	NY	10	00:35:12.47	05:52:04.78		
	Lap 1 to 4	00:32:23.65	10:25	53	00:32:36.58	10:29	51	00:32:48.76	10:33	53	00:34:25.44	11:04	52
	Lap 5 to 8	00:35:18.32	11:21	52	00:35:04.03	11:17	50	00:35:04.20	11:17	46	00:38:59.59	12:33	51
	Lap 9 & 10	00:37:15.87	11:59	45	00:38:08.30	12:16	50						
37	50/57	2/2	52	Al Prawda	M	69	Brooklyn	NY	10	00:35:26.66	05:54:26.64		
	Lap 1 to 4	00:34:57.54	11:15	55	00:32:16.22	10:23	50	00:31:29.05	10:07	51	00:34:58.79	11:15	55
	Lap 5 to 8	00:33:52.58	10:54	49	00:35:03.20	11:16	49	00:38:04.09	12:15	50	00:36:01.33	11:35	45
	Lap 9 & 10	00:37:29.10	12:03	46	00:40:14.69	12:57	52						
38	52/57	1/1	51	Phil Pierce	M	75	Falmouth	ME	10	00:36:06.94	06:01:09.47		
	Lap 1 to 4	00:32:03.02	10:18	52	00:33:27.89	10:46	54	00:35:55.60	11:33	54	00:34:34.10	11:07	53
	Lap 5 to 8	00:37:54.54	12:12	55	00:35:45.27	11:30	51	00:37:07.35	11:56	48	00:38:54.97	12:31	50
	Lap 9 & 10	00:38:39.72	12:26	50	00:36:46.99	11:50	47						

Caumsett Park 50K Championship and GLIRC 25K Run 2017

50K Championship

Overall Results

March 5, 2017

Lap legend: (time, pace & place)

Male

Place	overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
39	53/57	7/7	65	Pao Wang	M	56	Westbury	NY	10	00:37:27.82	06:14:38.22		
	Lap 1 to 4	00:23:04.89	7:25	17	00:24:01.73	7:44	25	00:25:44.65	8:17	28	00:27:16.01	8:46	33
	Lap 5 to 8	00:30:29.86	9:48	42	00:49:31.82	15:56	57	00:45:42.99	14:42	56	00:47:33.60	15:18	55
	Lap 9 & 10	00:51:30.93	16:34	57	00:49:41.71	15:59	56						
40	55/57	1/1	4	Joseph Bello	M	72	Rochester	NY	10	00:39:24.34	06:34:03.46		
	Lap 1 to 4	00:33:47.92	10:52	54	00:35:09.10	11:18	56	00:36:25.81	11:43	55	00:36:55.02	11:52	56
	Lap 5 to 8	00:39:18.75	12:39	56	00:40:16.44	12:57	54	00:42:47.73	13:46	54	00:42:01.66	13:31	53
	Lap 9 & 10	00:42:52.62	13:48	52	00:44:28.38	14:18	54						
41	56/57	5/5	11	Amos Brotter	M	51	Merrick	NY	10	00:39:26.62	06:34:26.21		
	Lap 1 to 4	00:31:28.01	10:07	49	00:31:36.74	10:10	49	00:31:28.84	10:07	50	00:34:06.59	10:58	51
	Lap 5 to 8	00:36:57.34	11:53	54	00:42:05.88	13:32	56	00:48:12.38	15:30	57	00:49:23.89	15:53	57
	Lap 9 & 10	00:43:41.87	14:03	54	00:45:24.63	14:36	55						