

Caumsett Park 50K Championship and GLIRC 25K Run 2017

25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
1	1/85	1/1	394	Anthony Chan	M	26	Flushing	NY	5	00:18:47.91	01:33:59.56		
	Lap 1 to 4	00:19:16.35	6:12	2	00:19:02.55	6:07	1	00:18:50.95	6:04	3	00:18:37.40	5:59	3
	Lap 5 to 8	00:18:12.29	5:51	1									
	Lap 9 & 10												
2	2/85	1/10	253	Stephen England	M	36	New York	NY	5	00:18:57.59	01:34:48.00		
	Lap 1 to 4	00:19:18.44	6:12	3	00:19:06.86	6:09	2	00:18:54.65	6:05	4	00:18:49.30	6:03	4
	Lap 5 to 8	00:18:38.73	6:00	4									
	Lap 9 & 10												
3	1/91	1/1	337	Leonora Petrina	F	34	Bayport	NY	5	00:18:58.32	01:34:51.65		
	Lap 1 to 4	00:20:13.45	6:30	5	00:19:07.70	6:09	4	00:18:46.77	6:02	1	00:18:28.56	5:56	1
	Lap 5 to 8	00:18:15.16	5:52	2									
	Lap 9 & 10												
4	3/85	1/7	338	Michael Petrina	M	31	Bayport	NY	5	00:18:58.71	01:34:53.58		
	Lap 1 to 4	00:20:13.60	6:30	6	00:19:07.30	6:09	3	00:18:47.21	6:02	2	00:18:28.99	5:56	2
	Lap 5 to 8	00:18:16.46	5:52	3									
	Lap 9 & 10												
5	4/85	1/1	277	Keith Guilfoyle	M	50	Commack	NY	5	00:19:25.91	01:37:09.57		
	Lap 1 to 4	00:19:18.45	6:12	4	00:19:11.45	6:10	5	00:19:19.54	6:13	5	00:19:37.90	6:19	5
	Lap 5 to 8	00:19:42.22	6:20	6									
	Lap 9 & 10												
6	5/85	1/16	348	Todd Rowley	M	47	Huntington	NY	5	00:19:34.72	01:37:53.60		
	Lap 1 to 4	00:19:13.10	6:11	1	00:19:16.26	6:12	6	00:19:22.09	6:14	6	00:19:47.93	6:22	7
	Lap 5 to 8	00:20:14.20	6:30	7									
	Lap 9 & 10												
7	6/85	1/2	355	Alex Schneider	M	26	Great Neck	NY	5	00:20:20.30	01:41:41.54		
	Lap 1 to 4	00:21:09.29	6:48	11	00:20:38.99	6:38	9	00:20:51.66	6:42	9	00:19:45.95	6:21	6
	Lap 5 to 8	00:19:15.63	6:11	5									
	Lap 9 & 10												
8	2/91	1/1	386	Heather Williams	F	41	Centerport	NY	5	00:20:36.59	01:43:02.96		
	Lap 1 to 4	00:20:25.44	6:34	8	00:20:22.72	6:33	8	00:20:38.16	6:38	8	00:20:53.89	6:43	8
	Lap 5 to 8	00:20:42.74	6:39	9									
	Lap 9 & 10												
9	7/85	1/9	411	Eddie Reagan	M	60	Levittown	NY	5	00:21:00.79	01:45:03.95		
	Lap 1 to 4	00:20:25.41	6:34	7	00:20:21.50	6:33	7	00:20:28.80	6:35	7	00:20:55.57	6:44	9
	Lap 5 to 8	00:22:52.66	7:21	24									
	Lap 9 & 10												
10	8/85	1/8	250	Sean Dowling	M	43	Sayville	NY	5	00:21:22.83	01:46:54.16		
	Lap 1 to 4	00:22:27.28	7:13	19	00:21:56.38	7:03	19	00:20:56.56	6:44	10	00:20:59.55	6:45	10
	Lap 5 to 8	00:20:34.37	6:37	8									
	Lap 9 & 10												
11	9/85	2/16	218	Dean Bruno	M	46	Yaphank	NY	5	00:21:28.84	01:47:24.21		
	Lap 1 to 4	00:20:45.33	6:40	10	00:21:08.01	6:48	12	00:21:35.59	6:56	12	00:21:53.37	7:02	13
	Lap 5 to 8	00:22:01.88	7:05	17									
	Lap 9 & 10												

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Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
12	10/85	3/16	259	Mike Fernandez	M	48	Farmingdale	NY	5	00:21:34.75	01:47:53.75		
	Lap 1 to 4	00:21:09.73	6:48	12	00:21:06.96	6:47	11	00:21:44.03	6:59	15	00:21:57.56	7:04	14
	Lap 5 to 8	00:21:55.46	7:03	14									
	Lap 9 & 10												
13	3/91	1/5	350	Gabrielle Russo	F	32	Patchogue	NY	5	00:21:36.72	01:48:03.60		
	Lap 1 to 4	00:22:17.98	7:10	16	00:21:48.29	7:01	18	00:21:19.46	6:51	11	00:21:28.74	6:54	12
	Lap 5 to 8	00:21:09.12	6:48	11									
	Lap 9 & 10												
14	4/91	1/3	364	Rachel Staiano	F	24	East Meadow	NY	5	00:21:38.97	01:48:14.85		
	Lap 1 to 4	00:23:00.36	7:24	21	00:21:38.56	6:57	16	00:21:37.05	6:57	13	00:21:06.13	6:47	11
	Lap 5 to 8	00:20:52.73	6:43	10									
	Lap 9 & 10												
15	11/85	2/10	263	Joe Flick	M	38	Farmingdale	NY	5	00:21:41.37	01:48:26.86		
	Lap 1 to 4	00:22:24.42	7:12	18	00:20:42.18	6:39	10	00:22:04.34	7:06	18	00:21:59.17	7:04	15
	Lap 5 to 8	00:21:16.73	6:50	12									
	Lap 9 & 10												
16	12/85	1/11	243	Michael Di Lisio	M	55	Shoreham	NY	5	00:21:53.52	01:49:27.60		
	Lap 1 to 4	00:21:26.96	6:54	13	00:21:31.70	6:55	14	00:21:48.49	7:01	16	00:22:16.06	7:10	17
	Lap 5 to 8	00:22:24.37	7:12	19									
	Lap 9 & 10												
17	5/91	1/6	310	Kathryn Martin	F	65	Northport	NY	5	00:22:07.49	01:50:37.46		
	Lap 1 to 4	00:21:51.33	7:02	14	00:21:31.00	6:55	13	00:21:41.64	6:58	14	00:22:40.45	7:17	20
	Lap 5 to 8	00:22:53.02	7:21	25									
	Lap 9 & 10												
18	13/85	2/11	409	Jeff Steinberg	M	55	Westbury	NY	5	00:22:39.28	01:53:16.44		
	Lap 1 to 4	00:23:00.58	7:24	22	00:21:38.57	6:57	17	00:22:51.12	7:21	24	00:22:54.71	7:22	23
	Lap 5 to 8	00:22:51.44	7:21	23									
	Lap 9 & 10												
19	6/91	2/3	302	Laura Lemke	F	24	Hoboken	NJ	5	00:22:39.75	01:53:18.76		
	Lap 1 to 4	00:22:22.39	7:12	17	00:22:46.53	7:19	23	00:23:20.49	7:30	27	00:22:59.10	7:23	25
	Lap 5 to 8	00:21:50.23	7:01	13									
	Lap 9 & 10												
20	14/85	3/10	278	Trent Hampton	M	38	West Babylon	NY	5	00:22:42.74	01:53:33.72		
	Lap 1 to 4	00:24:25.22	7:51	42	00:22:22.70	7:12	21	00:22:31.65	7:15	20	00:22:11.18	7:08	16
	Lap 5 to 8	00:22:02.95	7:05	18									
	Lap 9 & 10												
21	7/91	1/12	417	Lauren Jasinski	F	40	Cold Spring Harbo	NY	5	00:22:43.96	01:53:39.80		
	Lap 1 to 4	00:23:01.11	7:24	23	00:21:57.06	7:03	20	00:22:32.31	7:15	21	00:22:54.71	7:22	24
	Lap 5 to 8	00:23:14.60	7:28	26									
	Lap 9 & 10												
22	15/85	2/9	225	Kevin Carroll	M	64	Huntington Stator	NY	5	00:22:44.69	01:53:43.46		
	Lap 1 to 4	00:23:25.33	7:32	32	00:23:01.94	7:24	25	00:22:39.28	7:17	22	00:22:36.98	7:16	18
	Lap 5 to 8	00:21:59.91	7:04	16									
	Lap 9 & 10												

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23	16/85	2/7	328	Kevin O'toole	M	32	Ronkonkoma	NY	5	00:22:47.16	01:53:55.84		
	Lap 1 to 4	00:23:15.12	7:29	27	00:22:50.49	7:21	24	00:22:31.30	7:14	19	00:22:41.27	7:18	22
	Lap 5 to 8	00:22:37.65	7:16	21									
	Lap 9 & 10												
24	17/85	4/16	269	Neil Ghezzar	M	45	Bronx	NY	5	00:23:04.35	01:55:21.75		
	Lap 1 to 4	00:23:40.56	7:37	34	00:23:33.28	7:34	36	00:22:49.40	7:20	23	00:22:40.56	7:17	21
	Lap 5 to 8	00:22:37.94	7:17	22									
	Lap 9 & 10												
25	18/85	3/11	204	Alan Baisch	M	55	Selden	NY	5	00:23:16.15	01:56:20.79		
	Lap 1 to 4	00:27:38.98	8:53	102	00:21:33.74	6:56	15	00:22:02.27	7:05	17	00:22:37.91	7:17	19
	Lap 5 to 8	00:22:27.88	7:13	20									
	Lap 9 & 10												
26	19/85	4/11	274	David Grosskurth	M	58	Huntington Stator	NY	5	00:23:17.05	01:56:25.28		
	Lap 1 to 4	00:22:10.61	7:08	15	00:22:37.30	7:16	22	00:22:57.82	7:23	25	00:23:31.85	7:34	27
	Lap 5 to 8	00:25:07.69	8:05	54									
	Lap 9 & 10												
27	20/85	5/16	375	Stephen Uresk	M	48	Greenlawn	NY	5	00:23:32.37	01:57:41.88		
	Lap 1 to 4	00:23:21.62	7:31	30	00:23:29.31	7:33	34	00:23:21.88	7:31	28	00:23:36.00	7:35	28
	Lap 5 to 8	00:23:53.07	7:41	33									
	Lap 9 & 10												
28	8/91	1/10	345	Emma Riconda	F	60	Northport	NY	5	00:23:36.26	01:58:01.33		
	Lap 1 to 4	00:23:19.24	7:30	29	00:23:33.67	7:34	37	00:23:52.04	7:40	34	00:24:01.33	7:43	30
	Lap 5 to 8	00:23:15.03	7:28	27									
	Lap 9 & 10												
29	21/85	2/2	276	Chris Guida	M	28	Holbrook	NY	5	00:23:39.06	01:58:15.32		
	Lap 1 to 4	00:23:08.30	7:26	25	00:23:24.27	7:31	32	00:23:27.42	7:32	29	00:23:51.63	7:40	29
	Lap 5 to 8	00:24:23.69	7:51	39									
	Lap 9 & 10												
30	22/85	3/9	380	Jon Wallach	M	60	Levittown	NY	5	00:23:39.67	01:58:18.37		
	Lap 1 to 4	00:23:13.75	7:28	26	00:23:19.03	7:30	28	00:23:29.86	7:33	30	00:24:03.16	7:44	33
	Lap 5 to 8	00:24:12.56	7:47	36									
	Lap 9 & 10												
31	23/85	4/9	282	Timothy Healy	M	61	Syosset	NY	5	00:23:45.67	01:58:48.38		
	Lap 1 to 4	00:23:03.80	7:25	24	00:23:24.09	7:31	31	00:23:35.77	7:35	31	00:24:03.64	7:44	34
	Lap 5 to 8	00:24:41.07	7:56	45									
	Lap 9 & 10												
32	24/85	1/12	237	John Dallao	M	50	Huntington	NY	5	00:23:48.66	01:59:03.30		
	Lap 1 to 4	00:25:06.71	8:04	49	00:24:24.72	7:51	48	00:24:29.29	7:52	43	00:23:02.98	7:25	26
	Lap 5 to 8	00:21:59.58	7:04	15									
	Lap 9 & 10												
33	25/85	6/16	293	Ira Kaplan	M	47	East Meadow	NY	5	00:23:49.05	01:59:05.26		
	Lap 1 to 4	00:23:16.21	7:29	28	00:23:25.21	7:32	33	00:23:19.19	7:30	26	00:24:23.69	7:51	41
	Lap 5 to 8	00:24:40.95	7:56	44									
	Lap 9 & 10												

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34	9/91	1/13	317	Nicole Mcnamara	F	36	Smithtown	NY	5	00:23:51.85	01:59:19.26		
	Lap 1 to 4	00:23:50.61	7:40	36	00:23:48.80	7:39	40	00:23:55.30	7:41	35	00:24:03.10	7:44	32
	Lap 5 to 8	00:23:41.44	7:37	30									
	Lap 9 & 10												
35	26/85	2/8	331	Adam Orlow	M	43	Jamaica	NY	5	00:23:53.39	01:59:26.97		
	Lap 1 to 4	00:23:24.51	7:32	31	00:23:30.83	7:34	35	00:23:40.15	7:37	32	00:24:12.03	7:47	37
	Lap 5 to 8	00:24:39.44	7:56	43									
	Lap 9 & 10												
36	10/91	2/12	389	Nicolle Zeman	F	43	Miller Place	NY	5	00:23:55.22	01:59:36.11		
	Lap 1 to 4	00:23:53.11	7:41	38	00:23:19.51	7:30	29	00:23:40.64	7:37	33	00:24:12.53	7:47	38
	Lap 5 to 8	00:24:30.31	7:53	41									
	Lap 9 & 10												
37	11/91	1/11	349	Barbara Russo	F	53	Sayville	NY	5	00:23:57.72	01:59:48.63		
	Lap 1 to 4	00:24:05.75	7:45	39	00:23:20.86	7:30	30	00:24:06.88	7:45	36	00:24:04.99	7:45	35
	Lap 5 to 8	00:24:10.13	7:46	35									
	Lap 9 & 10												
38	27/85	3/7	327	Seth Novick	M	31	Huntington	NY	5	00:24:03.06	02:00:15.33		
	Lap 1 to 4	00:24:14.29	7:48	41	00:23:57.89	7:42	43	00:24:08.46	7:46	37	00:24:02.67	7:44	31
	Lap 5 to 8	00:23:52.01	7:40	31									
	Lap 9 & 10												
39	28/85	5/9	390	Jim Arnone	M	62	Westhampton	NY	5	00:24:10.85	02:00:54.27		
	Lap 1 to 4	00:24:49.11	7:59	45	00:23:49.79	7:40	42	00:24:09.75	7:46	38	00:24:12.82	7:47	39
	Lap 5 to 8	00:23:52.79	7:41	32									
	Lap 9 & 10												
40	29/85	2/12	330	Mark Ogden	M	54	Selden	NY	5	00:24:18.97	02:01:34.87		
	Lap 1 to 4	00:23:49.48	7:40	35	00:23:46.06	7:38	39	00:24:21.91	7:50	41	00:24:32.99	7:54	44
	Lap 5 to 8	00:25:04.41	8:04	51									
	Lap 9 & 10												
41	30/85	5/11	232	John Clifford	M	55	Seaford	NY	5	00:24:20.84	02:01:44.21		
	Lap 1 to 4	00:24:13.68	7:47	40	00:23:44.21	7:38	38	00:24:15.21	7:48	40	00:24:41.08	7:56	47
	Lap 5 to 8	00:24:50.01	7:59	47									
	Lap 9 & 10												
42	31/85	7/16	385	Graham Wilcock	M	48	Great Neck	NY	5	00:24:21.82	02:01:49.11		
	Lap 1 to 4	00:24:50.85	7:59	47	00:24:11.67	7:47	45	00:24:43.97	7:57	47	00:24:24.82	7:51	42
	Lap 5 to 8	00:23:37.78	7:36	29									
	Lap 9 & 10												
43	32/85	3/8	377	Jeffrey Votteler	M	44	Manorville	NY	5	00:24:27.47	02:02:17.39		
	Lap 1 to 4	00:24:49.36	7:59	46	00:24:36.82	7:55	50	00:24:31.50	7:53	44	00:24:20.55	7:50	40
	Lap 5 to 8	00:23:59.15	7:43	34									
	Lap 9 & 10												
44	33/85	4/7	220	Miguel Cabrera	M	34	Great Neck	NY	5	00:24:31.11	02:02:35.59		
	Lap 1 to 4	00:25:37.95	8:14	65	00:25:01.91	8:03	57	00:24:23.63	7:51	42	00:24:08.32	7:46	36
	Lap 5 to 8	00:23:23.76	7:31	28									
	Lap 9 & 10												

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45	12/91	2/10	248	Dolores Doman	F	60	Dix Hills	NY	5	00:24:36.35	02:03:01.77		
	Lap 1 to 4	00:25:12.96	8:06	53	00:24:10.86	7:46	44	00:24:36.89	7:55	46	00:24:45.75	7:58	48
	Lap 5 to 8	00:24:15.29	7:48	37									
	Lap 9 & 10												
46	34/85	4/10	405	Michael Mandato	M	37	Northport	NY	5	00:24:42.92	02:03:34.61		
	Lap 1 to 4	00:23:50.70	7:40	37	00:23:49.09	7:39	41	00:24:13.80	7:47	39	00:25:11.12	8:06	52
	Lap 5 to 8	00:26:29.88	8:31	70									
	Lap 9 & 10												
47	35/85	6/11	217	Kc Brett	M	56	Port Jefferson Sta	NY	5	00:24:51.34	02:04:16.70		
	Lap 1 to 4	00:25:30.26	8:12	63	00:24:15.91	7:48	46	00:24:51.31	7:59	49	00:24:37.80	7:55	45
	Lap 5 to 8	00:25:01.41	8:03	50									
	Lap 9 & 10												
48	13/91	2/13	307	Kristyn Lineman	F	38	Ronkonkoma	NY	5	00:24:51.38	02:04:16.90		
	Lap 1 to 4	00:25:29.84	8:12	62	00:24:16.32	7:48	47	00:24:51.71	8:00	50	00:24:37.81	7:55	46
	Lap 5 to 8	00:25:01.20	8:03	49									
	Lap 9 & 10												
49	36/85	8/16	227	Qiang Chen	M	49	Syosset	NY	5	00:24:52.88	02:04:24.40		
	Lap 1 to 4	00:25:10.33	8:06	51	00:24:52.58	8:00	52	00:24:45.77	7:58	48	00:24:29.04	7:52	43
	Lap 5 to 8	00:25:06.67	8:04	52									
	Lap 9 & 10												
50	37/85	6/9	326	Frank Notarstefano	M	64	Seaford	NY	5	00:24:56.25	02:04:41.27		
	Lap 1 to 4	00:25:24.55	8:10	58	00:24:28.75	7:52	49	00:24:34.42	7:54	45	00:25:06.45	8:04	51
	Lap 5 to 8	00:25:07.09	8:05	53									
	Lap 9 & 10												
51	14/91	2/11	226	Marilyn Caulfield	F	54	Sayville	NY	5	00:24:56.74	02:04:43.70		
	Lap 1 to 4	00:22:59.86	7:24	20	00:23:16.49	7:29	27	00:25:28.52	8:11	59	00:25:17.70	8:08	54
	Lap 5 to 8	00:27:41.13	8:54	82									
	Lap 9 & 10												
52	38/85	7/11	290	Peter Inserra	M	59	Northport	NY	5	00:25:07.54	02:05:37.70		
	Lap 1 to 4	00:25:18.62	8:08	56	00:24:38.98	7:56	51	00:25:36.52	8:14	65	00:25:15.82	8:07	53
	Lap 5 to 8	00:24:47.75	7:58	46									
	Lap 9 & 10												
53	39/85	3/12	258	Frank Favilla	M	54	Bethpage	NY	5	00:25:08.67	02:05:43.39		
	Lap 1 to 4	00:25:41.11	8:16	68	00:25:16.82	8:08	61	00:25:13.98	8:07	51	00:25:06.04	8:04	50
	Lap 5 to 8	00:24:25.42	7:51	40									
	Lap 9 & 10												
54	15/91	3/13	272	Jacqueline Gravina-Wohlleb	F	36	East Hampton	NY	5	00:25:21.54	02:06:47.74		
	Lap 1 to 4	00:25:23.56	8:10	57	00:25:07.55	8:05	58	00:25:19.45	8:09	55	00:25:27.25	8:11	57
	Lap 5 to 8	00:25:29.91	8:12	60									
	Lap 9 & 10												
55	16/91	3/11	286	Lesli Hiller	F	50	New Hyde Park	NY	5	00:25:23.37	02:06:56.88		
	Lap 1 to 4	00:25:28.21	8:11	60	00:25:28.51	8:11	63	00:25:16.82	8:08	53	00:25:31.02	8:12	59
	Lap 5 to 8	00:25:12.31	8:06	55									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run 2017

25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
56	40/85	4/12	273	Rich Gregory	M	51	Point Lookout	NY	5	00:25:23.57	02:06:57.86		
	Lap 1 to 4	00:20:36.21	6:37	9	00:30:20.11	9:45	119	00:25:16.93	8:08	54	00:25:31.12	8:12	60
	Lap 5 to 8	00:25:13.48	8:07	57									
	Lap 9 & 10												
57	41/85	5/10	312	Nathan Matsui	M	37	Huntington Stator	NY	5	00:25:28.98	02:07:24.92		
	Lap 1 to 4	00:25:59.49	8:21	72	00:26:12.80	8:26	74	00:25:32.86	8:13	62	00:25:21.25	8:09	55
	Lap 5 to 8	00:24:18.51	7:49	38									
	Lap 9 & 10												
58	42/85	6/10	336	Dan Perlmutter	M	37	South Setauket	NY	5	00:25:32.63	02:07:43.16		
	Lap 1 to 4	00:25:59.48	8:21	71	00:26:18.68	8:28	75	00:25:26.71	8:11	58	00:25:21.33	8:09	56
	Lap 5 to 8	00:24:36.94	7:55	42									
	Lap 9 & 10												
59	43/85	4/8	283	Robert Hegedus	M	40	Kew Gardens Hill	NY	5	00:25:33.63	02:07:48.16		
	Lap 1 to 4	00:25:38.36	8:15	66	00:25:01.51	8:03	56	00:27:26.37	8:49	84	00:24:48.19	7:58	49
	Lap 5 to 8	00:24:53.72	8:00	48									
	Lap 9 & 10												
60	44/85	9/16	233	Jason Cohen	M	49	Manorville	NY	5	00:25:34.46	02:07:52.31		
	Lap 1 to 4	00:23:27.11	7:32	33	00:23:11.14	7:27	26	00:29:11.50	9:23	105	00:25:53.07	8:19	65
	Lap 5 to 8	00:26:09.48	8:25	67									
	Lap 9 & 10												
61	17/91	4/11	212	Staci Blanket	F	52	Old Bethpage	NY	5	00:25:34.82	02:07:54.13		
	Lap 1 to 4	00:25:10.73	8:06	52	00:25:10.16	8:06	60	00:25:29.47	8:12	60	00:25:52.39	8:19	64
	Lap 5 to 8	00:26:11.37	8:25	68									
	Lap 9 & 10												
62	45/85	7/9	412	Glen Wolther	M	60	Jericho	NY	5	00:25:35.78	02:07:58.93		
	Lap 1 to 4	00:24:40.49	7:56	44	00:24:55.30	8:01	54	00:25:40.70	8:15	67	00:25:55.77	8:20	66
	Lap 5 to 8	00:26:46.65	8:37	72									
	Lap 9 & 10												
63	46/85	5/12	294	Kojiro Katayama	M	51	Syosset	NY	5	00:25:38.43	02:08:12.16		
	Lap 1 to 4	00:25:14.79	8:07	54	00:25:42.75	8:16	66	00:25:23.90	8:10	56	00:26:14.30	8:26	71
	Lap 5 to 8	00:25:36.39	8:14	62									
	Lap 9 & 10												
64	47/85	6/12	320	Robert Monaco	M	53	Woodbury	NY	5	00:25:38.72	02:08:13.61		
	Lap 1 to 4	00:25:38.57	8:15	67	00:25:31.98	8:13	64	00:25:34.86	8:14	64	00:25:42.81	8:16	61
	Lap 5 to 8	00:25:45.38	8:17	64									
	Lap 9 & 10												
65	18/91	1/15	360	Lori Slater	F	45	Bay Shore	NY	5	00:25:40.67	02:08:23.37		
	Lap 1 to 4	00:25:44.25	8:17	69	00:25:36.18	8:14	65	00:25:38.71	8:15	66	00:25:47.78	8:18	63
	Lap 5 to 8	00:25:36.44	8:14	63									
	Lap 9 & 10												
66	19/91	4/13	319	Katie Mitchell	F	38	Bohemia	NY	5	00:25:41.88	02:08:29.42		
	Lap 1 to 4	00:26:27.62	8:30	81	00:25:17.68	8:08	62	00:25:15.55	8:07	52	00:25:28.69	8:12	58
	Lap 5 to 8	00:25:59.88	8:22	65									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run 2017

25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
67	48/85	5/7	415	Dermot Hoyne	M	30	Bellmore	NY	5	00:25:49.28	02:09:06.41		
	Lap 1 to 4	00:26:39.82	8:34	85	00:25:50.37	8:18	69	00:25:33.00	8:13	63	00:25:45.03	8:17	62
	Lap 5 to 8	00:25:18.18	8:08	58									
	Lap 9 & 10												
68	20/91	5/11	285	Christine Hill	F	54	Huntington	NY	5	00:25:49.56	02:09:07.83		
	Lap 1 to 4	00:26:05.58	8:23	74	00:25:57.37	8:21	72	00:25:41.31	8:16	68	00:26:10.62	8:25	70
	Lap 5 to 8	00:25:12.93	8:06	56									
	Lap 9 & 10												
69	49/85	8/11	292	Kenneth Jones	M	57	Huntington	NY	5	00:25:50.46	02:09:12.31		
	Lap 1 to 4	00:26:05.37	8:23	73	00:25:53.94	8:20	70	00:25:44.34	8:17	69	00:26:09.23	8:25	69
	Lap 5 to 8	00:25:19.41	8:09	59									
	Lap 9 & 10												
70	21/91	1/6	376	Dee Vogt	F	56	Huntington	NY	5	00:25:53.34	02:09:26.70		
	Lap 1 to 4	00:25:27.61	8:11	59	00:26:26.22	8:30	76	00:25:31.26	8:12	61	00:25:58.74	8:21	67
	Lap 5 to 8	00:26:02.86	8:23	66									
	Lap 9 & 10												
71	50/85	10/16	404	Jonathan Nicastro	M	47	Saint James	NY	5	00:25:58.12	02:09:50.64		
	Lap 1 to 4	00:24:52.75	8:00	48	00:24:57.74	8:02	55	00:25:24.31	8:10	57	00:26:09.03	8:24	68
	Lap 5 to 8	00:28:26.80	9:09	89									
	Lap 9 & 10												
72	51/85	11/16	402	Matt Conroy	M	47	Melville	NY	5	00:26:12.43	02:11:02.16		
	Lap 1 to 4	00:25:06.91	8:05	50	00:24:52.92	8:00	53	00:26:35.03	8:33	75	00:26:29.10	8:31	72
	Lap 5 to 8	00:27:58.18	9:00	85									
	Lap 9 & 10												
73	22/91	2/5	214	Anita Bonesteel	F	34	Elmont	NY	5	00:26:14.37	02:11:11.86		
	Lap 1 to 4	00:25:28.83	8:12	61	00:25:48.12	8:18	68	00:26:01.77	8:22	71	00:26:45.11	8:36	74
	Lap 5 to 8	00:27:08.01	8:43	75									
	Lap 9 & 10												
74	23/91	6/11	363	Adriana Staiano	F	54	East Meadow	NY	5	00:26:28.62	02:12:23.13		
	Lap 1 to 4	00:25:37.34	8:14	64	00:25:47.85	8:18	67	00:26:30.28	8:31	74	00:27:24.65	8:49	79
	Lap 5 to 8	00:27:03.00	8:42	73									
	Lap 9 & 10												
75	52/85	6/7	372	Chris Swann	M	32	Lake Grove	NY	5	00:26:33.89	02:12:49.50		
	Lap 1 to 4	00:26:50.86	8:38	90	00:26:34.71	8:33	79	00:26:12.19	8:26	72	00:27:40.95	8:54	83
	Lap 5 to 8	00:25:30.77	8:12	61									
	Lap 9 & 10												
76	24/91	3/10	413	Maureen Joyce	F	60	East Northport	NY	5	00:26:35.24	02:12:56.21		
	Lap 1 to 4	00:25:53.79	8:20	70	00:26:06.66	8:24	73	00:26:43.77	8:36	78	00:27:07.12	8:43	75
	Lap 5 to 8	00:27:04.86	8:42	74									
	Lap 9 & 10												
77	25/91	5/13	275	Patty Gualpa	F	36	Port Washington	NY	5	00:26:39.35	02:13:16.76		
	Lap 1 to 4	00:27:16.87	8:46	97	00:25:57.32	8:21	71	00:25:54.57	8:20	70	00:26:32.08	8:32	73
	Lap 5 to 8	00:27:35.90	8:52	81									
	Lap 9 & 10												

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25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
78	26/91	3/12	264	Erica Fraiberg	F	43	Greenlawn	NY	5	00:26:56.12	02:14:40.62		
	Lap 1 to 4	00:26:15.30	8:27	78	00:27:04.42	8:42	84	00:27:25.68	8:49	83	00:27:19.69	8:47	78
	Lap 5 to 8	00:26:35.52	8:33	71									
	Lap 9 & 10												
79	53/85	1/3	295	James Kehoe	M	65	Mineola	NY	5	00:26:58.55	02:14:52.78		
	Lap 1 to 4	00:25:15.81	8:07	55	00:25:08.98	8:05	59	00:26:46.42	8:37	79	00:28:07.35	9:03	88
	Lap 5 to 8	00:29:34.22	9:31	102									
	Lap 9 & 10												
80	54/85	12/16	369	Bob Strayer	M	47	Sayville	NY	5	00:27:01.43	02:15:07.18		
	Lap 1 to 4	00:26:30.57	8:31	82	00:26:59.37	8:41	81	00:26:42.00	8:35	76	00:27:27.95	8:50	80
	Lap 5 to 8	00:27:27.27	8:50	80									
	Lap 9 & 10												
81	27/91	4/12	201	Heather Ackerly	F	40	Selden	NY	5	00:27:08.33	02:15:41.68		
	Lap 1 to 4	00:26:11.12	8:25	76	00:26:26.73	8:30	77	00:27:03.91	8:42	80	00:28:05.03	9:02	87
	Lap 5 to 8	00:27:54.88	8:59	83									
	Lap 9 & 10												
82	28/91	3/3	242	Becky Derison	F	23	Huntington Stator	NY	5	00:27:20.68	02:16:43.43		
	Lap 1 to 4	00:26:49.84	8:38	89	00:26:34.32	8:33	78	00:26:21.06	8:28	73	00:27:35.32	8:52	81
	Lap 5 to 8	00:29:22.88	9:27	98									
	Lap 9 & 10												
83	55/85	7/12	407	Robert Storm	M	54	Huntington Bay	NY	5	00:27:33.83	02:17:49.19		
	Lap 1 to 4	00:26:42.53	8:35	86	00:27:53.17	8:58	94	00:27:57.74	8:59	89	00:27:54.16	8:58	85
	Lap 5 to 8	00:27:21.58	8:48	77									
	Lap 9 & 10												
84	29/91	4/10	300	Rosemary Lange	F	60	Hampton Bays	NY	5	00:27:35.63	02:17:58.16		
	Lap 1 to 4	00:26:47.60	8:37	88	00:27:50.19	8:57	92	00:28:00.48	9:00	90	00:27:55.94	8:59	86
	Lap 5 to 8	00:27:23.94	8:49	79									
	Lap 9 & 10												
85	56/85	8/12	343	Jeffrey Reynolds	M	50	Hauppauge	NY	5	00:27:37.83	02:18:09.16		
	Lap 1 to 4	00:26:38.63	8:34	84	00:27:25.57	8:49	88	00:27:21.10	8:48	82	00:27:15.80	8:46	77
	Lap 5 to 8	00:29:28.06	9:29	100									
	Lap 9 & 10												
86	30/91	3/5	230	Kate Cifarelli	F	32	Oyster Bay	NY	5	00:27:41.43	02:18:27.19		
	Lap 1 to 4	00:28:04.77	9:02	104	00:28:30.59	9:10	105	00:28:15.08	9:05	95	00:27:09.05	8:44	76
	Lap 5 to 8	00:26:27.68	8:31	69									
	Lap 9 & 10												
87	57/85	7/10	383	Matt Wells	M	39	Mount Sinai	NY	5	00:27:42.83	02:18:34.19		
	Lap 1 to 4	00:28:10.87	9:04	106	00:28:04.51	9:02	96	00:26:42.40	8:35	77	00:28:19.33	9:06	89
	Lap 5 to 8	00:27:17.07	8:46	76									
	Lap 9 & 10												
88	58/85	5/8	288	Pete Hutchinson	M	44	Port Jefferson	NY	5	00:27:47.43	02:18:57.19		
	Lap 1 to 4	00:28:03.55	9:01	103	00:27:00.86	8:41	82	00:28:06.36	9:02	91	00:27:40.83	8:54	82
	Lap 5 to 8	00:28:05.57	9:02	87									
	Lap 9 & 10												

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25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
89	31/91	1/5	261	Vera Fichtelberg	F	27	Hicksville	NY	5	00:27:48.63	02:19:03.15		
	Lap 1 to 4	00:28:07.62	9:03	105	00:27:35.93	8:52	90	00:27:35.72	8:52	85	00:27:44.21	8:55	84
	Lap 5 to 8	00:27:59.66	9:00	86									
	Lap 9 & 10												
90	32/91	4/5	308	Katherine Lopez	F	30	Huntington Stator	NY	5	00:27:53.38	02:19:26.94		
	Lap 1 to 4	00:26:07.81	8:24	75	00:27:02.88	8:42	83	00:28:38.83	9:13	97	00:28:33.08	9:11	93
	Lap 5 to 8	00:29:04.33	9:21	95									
	Lap 9 & 10												
91	33/91	2/5	229	Anne Marie Cieri	F	26	Long Branch	NJ	5	00:27:57.84	02:19:49.22		
	Lap 1 to 4	00:26:37.62	8:34	83	00:26:49.16	8:37	80	00:27:37.08	8:53	86	00:28:29.99	9:10	91
	Lap 5 to 8	00:30:15.36	9:44	110									
	Lap 9 & 10												
92	34/91	7/11	346	Carol Rivadeneyra	F	52	Ridge	NY	5	00:28:04.42	02:20:22.11		
	Lap 1 to 4	00:27:07.94	8:43	93	00:28:16.61	9:06	103	00:28:14.97	9:05	94	00:28:36.43	9:12	94
	Lap 5 to 8	00:28:06.15	9:02	88									
	Lap 9 & 10												
93	35/91	2/15	359	Ilana Slaff-Galatan	F	47	Oakland Gardens	NY	5	00:28:06.73	02:20:33.67		
	Lap 1 to 4	00:27:06.33	8:43	92	00:28:07.20	9:03	97	00:28:48.59	9:16	98	00:29:09.83	9:23	99
	Lap 5 to 8	00:27:21.71	8:48	78									
	Lap 9 & 10												
94	36/91	3/15	374	Pauline Tang	F	46	Briarwood	NY	5	00:28:08.71	02:20:43.59		
	Lap 1 to 4	00:27:27.62	8:50	99	00:28:14.93	9:05	102	00:27:14.62	8:46	81	00:28:29.67	9:10	90
	Lap 5 to 8	00:29:16.74	9:25	96									
	Lap 9 & 10												
95	59/85	6/8	265	Dan Fredericks	M	42	Bethpage	NY	5	00:28:09.78	02:20:48.94		
	Lap 1 to 4	00:26:13.62	8:26	77	00:27:10.54	8:44	85	00:28:24.57	9:08	96	00:29:15.77	9:25	102
	Lap 5 to 8	00:29:44.44	9:34	104									
	Lap 9 & 10												
96	37/91	5/12	304	Danielle Leong	F	44	Commack	NY	5	00:28:13.75	02:21:08.78		
	Lap 1 to 4	00:27:12.61	8:45	95	00:27:24.59	8:49	87	00:28:12.57	9:04	92	00:29:01.58	9:20	98
	Lap 5 to 8	00:29:17.41	9:25	97									
	Lap 9 & 10												
97	60/85	13/16	238	Joseph Dalonzo	M	49	Port Washington	NY	5	00:28:18.70	02:21:33.54		
	Lap 1 to 4	00:27:31.69	8:51	100	00:28:00.27	9:00	95	00:28:14.84	9:05	93	00:28:55.74	9:18	96
	Lap 5 to 8	00:28:51.00	9:17	91									
	Lap 9 & 10												
98	61/85	14/16	379	Ben Walden	M	49	Centerport	NY	5	00:28:22.03	02:21:50.18		
	Lap 1 to 4	00:27:15.86	8:46	96	00:27:50.34	8:57	93	00:27:45.46	8:56	87	00:28:49.87	9:16	95
	Lap 5 to 8	00:30:08.64	9:42	108									
	Lap 9 & 10												
99	38/91	6/12	219	Linda Bumbalo	F	42	Bellmore	NY	5	00:28:32.74	02:22:43.70		
	Lap 1 to 4	00:27:11.37	8:45	94	00:28:08.83	9:03	98	00:29:14.33	9:24	106	00:29:13.19	9:24	101
	Lap 5 to 8	00:28:55.97	9:18	93									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run 2017

25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
100	39/91	2/6	368	Lauren Strangio	F	55	Rockville Centre	NY	5	00:28:37.58	02:23:07.95		
	Lap 1 to 4	00:27:36.96	8:53	101	00:27:33.72	8:52	89	00:27:52.78	8:58	88	00:29:30.14	9:29	103
	Lap 5 to 8	00:30:34.32	9:50	113									
	Lap 9 & 10												
101	62/85	9/11	244	David Digiovanni	M	58	Sea Cliff	NY	5	00:28:37.83	02:23:09.16		
	Lap 1 to 4	00:26:43.34	8:36	87	00:27:14.28	8:46	86	00:28:50.99	9:17	101	00:29:40.72	9:33	104
	Lap 5 to 8	00:30:39.81	9:52	115									
	Lap 9 & 10												
102	63/85	10/11	357	Matthew Sheerin	M	57	Centerport	NY	5	00:28:41.73	02:23:28.65		
	Lap 1 to 4	00:29:15.24	9:24	114	00:28:56.12	9:18	107	00:28:49.62	9:16	99	00:28:30.38	9:10	92
	Lap 5 to 8	00:27:57.28	8:59	84									
	Lap 9 & 10												
103	40/91	6/13	384	Amy Wheeler	F	36	Babylon	NY	5	00:28:53.49	02:24:27.45		
	Lap 1 to 4	00:29:09.88	9:23	111	00:28:35.91	9:12	106	00:28:49.74	9:16	100	00:28:58.98	9:19	97
	Lap 5 to 8	00:28:52.93	9:17	92									
	Lap 9 & 10												
104	41/91	4/15	403	Eliana Themistocleous	F	49	Melville	NY	5	00:29:03.86	02:25:19.33		
	Lap 1 to 4	00:27:04.87	8:42	91	00:28:20.25	9:07	104	00:28:53.16	9:17	102	00:31:38.09	10:10	117
	Lap 5 to 8	00:29:22.95	9:27	99									
	Lap 9 & 10												
105	42/91	7/13	224	Heather Carneiro	F	39	Milford	MA	5	00:29:08.36	02:25:41.84		
	Lap 1 to 4	00:28:34.37	9:11	108	00:29:16.29	9:25	112	00:29:39.12	9:32	110	00:29:09.96	9:23	100
	Lap 5 to 8	00:29:02.08	9:20	94									
	Lap 9 & 10												
106	43/91	5/10	351	Nancy Russo	F	61	Nesconset	NY	5	00:29:17.66	02:26:28.30		
	Lap 1 to 4	00:29:36.96	9:31	116	00:29:04.46	9:21	110	00:29:06.48	9:22	104	00:29:49.63	9:36	105
	Lap 5 to 8	00:28:50.76	9:17	90									
	Lap 9 & 10												
107	44/91	6/10	281	Janet Healy	F	64	Syosset	NY	5	00:29:19.39	02:26:36.96		
	Lap 1 to 4	00:24:26.24	7:51	43	00:29:49.20	9:35	116	00:30:36.93	9:51	119	00:32:11.99	10:21	119
	Lap 5 to 8	00:29:32.59	9:30	101									
	Lap 9 & 10												
108	45/91	8/13	329	Rebecca Odessey	F	35	Long Island City	NY	5	00:29:30.68	02:27:33.45		
	Lap 1 to 4	00:29:11.98	9:23	113	00:28:56.54	9:18	108	00:29:27.18	9:28	108	00:30:05.48	9:41	107
	Lap 5 to 8	00:29:52.25	9:36	105									
	Lap 9 & 10												
109	46/91	5/5	321	Grace Moran	F	32	Baldwin	NY	5	00:29:57.22	02:29:46.11		
	Lap 1 to 4	00:26:23.43	8:29	79	00:28:14.77	9:05	101	00:29:37.13	9:31	109	00:31:29.94	10:08	116
	Lap 5 to 8	00:34:00.83	10:56	127									
	Lap 9 & 10												
110	64/85	15/16	235	Thomas Coll	M	46	Massapequa Park	NY	5	00:30:05.54	02:30:27.71		
	Lap 1 to 4	00:30:19.38	9:45	119	00:29:14.58	9:24	111	00:30:10.59	9:42	115	00:30:40.08	9:52	109
	Lap 5 to 8	00:30:03.07	9:40	106									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run 2017

25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
111	47/91	9/13	408	Brandy Sandin	F	39	Northport	NY	5	00:30:06.64	02:30:33.20		
	Lap 1 to 4	00:29:31.28	9:30	115	00:30:36.39	9:51	120	00:29:39.73	9:32	111	00:30:03.73	9:40	106
	Lap 5 to 8	00:30:42.07	9:52	116									
	Lap 9 & 10												
112	65/85	9/12	251	Keith Drayer	M	52	Melville	NY	5	00:30:10.84	02:30:54.22		
	Lap 1 to 4	00:29:11.57	9:23	112	00:31:14.37	10:03	126	00:29:48.49	9:35	112	00:30:33.31	9:50	108
	Lap 5 to 8	00:30:06.47	9:41	107									
	Lap 9 & 10												
113	48/91	8/11	309	Susan Maier	F	53	Long Beach	NY	5	00:30:16.86	02:31:24.32		
	Lap 1 to 4	00:30:19.41	9:45	120	00:29:00.05	9:20	109	00:30:25.73	9:47	116	00:31:04.69	10:00	113
	Lap 5 to 8	00:30:34.43	9:50	114									
	Lap 9 & 10												
114	66/85	1/4	267	David Frisone	M	71	New Hyde Park	NY	5	00:30:20.39	02:31:41.96		
	Lap 1 to 4	00:29:54.22	9:37	117	00:30:54.49	9:56	125	00:30:00.81	9:39	114	00:31:11.77	10:02	115
	Lap 5 to 8	00:29:40.66	9:33	103									
	Lap 9 & 10												
115	49/91	5/15	313	Dawn May	F	49	Sea Cliff	NY	5	00:30:26.44	02:32:12.21		
	Lap 1 to 4	00:30:18.13	9:45	118	00:30:17.34	9:44	118	00:30:33.76	9:50	118	00:30:47.38	9:54	111
	Lap 5 to 8	00:30:15.59	9:44	111									
	Lap 9 & 10												
116	67/85	10/12	239	Michael De Iulio	M	50	Carle Place	NY	5	00:30:26.48	02:32:12.43		
	Lap 1 to 4	00:30:48.13	9:54	123	00:29:47.56	9:35	115	00:30:33.73	9:50	117	00:30:47.18	9:54	110
	Lap 5 to 8	00:30:15.81	9:44	112									
	Lap 9 & 10												
117	68/85	11/11	401	Paul Van Houten	M	58	Huntington	NY	5	00:30:53.19	02:34:25.98		
	Lap 1 to 4	00:27:18.71	8:47	98	00:28:11.87	9:04	100	00:29:52.76	9:37	113	00:33:02.53	10:38	126
	Lap 5 to 8	00:36:00.10	11:35	138									
	Lap 9 & 10												
118	69/85	8/10	347	Steve Rossi	M	36	Hauppauge	NY	5	00:30:57.08	02:34:45.40		
	Lap 1 to 4	00:30:28.55	9:48	121	00:28:10.90	9:04	99	00:29:02.74	9:20	103	00:32:03.18	10:18	118
	Lap 5 to 8	00:35:00.01	11:15	130									
	Lap 9 & 10												
119	50/91	9/11	210	Josephine Bishop	F	54	Port Washington	NY	5	00:31:02.14	02:35:10.74		
	Lap 1 to 4	00:28:27.74	9:09	107	00:29:42.97	9:33	114	00:30:41.75	9:52	120	00:32:49.68	10:33	123
	Lap 5 to 8	00:33:28.59	10:46	124									
	Lap 9 & 10												
120	70/85	7/7	289	John Inglese	M	33	Farmingville	NY	5	00:31:18.09	02:36:30.49		
	Lap 1 to 4	00:30:57.58	9:57	124	00:30:38.92	9:51	121	00:31:56.29	10:16	124	00:31:07.04	10:00	114
	Lap 5 to 8	00:31:50.64	10:14	120									
	Lap 9 & 10												
121	71/85	9/10	406	Paul Dlug	M	35	Port Jefferson	NY	5	00:31:23.33	02:36:56.67		
	Lap 1 to 4	00:31:18.63	10:04	127	00:31:53.24	10:15	128	00:31:10.24	10:01	123	00:31:00.97	9:58	112
	Lap 5 to 8	00:31:33.57	10:09	119									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run 2017

25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
122	51/91	7/10	296	Susan Keogh	F	63	Bellmore	NY	5	00:31:28.14	02:37:20.74		
	Lap 1 to 4	00:29:02.20	9:20	109	00:29:28.50	9:29	113	00:30:44.25	9:53	121	00:32:50.17	10:34	124
	Lap 5 to 8	00:35:15.60	11:20	132									
	Lap 9 & 10												
123	52/91	6/15	325	Jennifer Nielsen	F	47	Smithtown	NY	5	00:31:47.11	02:38:55.59		
	Lap 1 to 4	00:30:58.61	9:58	125	00:30:02.10	9:40	117	00:31:00.72	9:58	122	00:32:53.83	10:35	125
	Lap 5 to 8	00:34:00.32	10:56	126									
	Lap 9 & 10												
124	72/85	7/8	205	Ben Beavers	M	43	Amityville	NY	5	00:31:52.07	02:39:20.35		
	Lap 1 to 4	00:26:27.12	8:30	80	00:27:41.63	8:54	91	00:29:18.58	9:26	107	00:33:27.17	10:46	130
	Lap 5 to 8	00:42:25.84	13:39	151									
	Lap 9 & 10												
125	73/85	10/10	215	Casey Brannan	M	35	Huntington Stator	NY	5	00:32:39.25	02:43:16.27		
	Lap 1 to 4	00:31:44.86	10:13	131	00:30:45.11	9:53	122	00:33:53.80	10:54	138	00:35:20.78	11:22	137
	Lap 5 to 8	00:31:31.70	10:08	117									
	Lap 9 & 10												
126	53/91	3/5	362	Georgiana Sorescu	F	26	Melville	NY	5	00:32:39.34	02:43:16.72		
	Lap 1 to 4	00:31:44.87	10:13	132	00:30:45.60	9:54	123	00:33:53.51	10:54	137	00:35:20.93	11:22	138
	Lap 5 to 8	00:31:31.80	10:08	118									
	Lap 9 & 10												
127	54/91	3/6	341	Donna Randone	F	55	South Huntington	NY	5	00:32:48.55	02:44:02.77		
	Lap 1 to 4	00:33:12.39	10:41	144	00:31:25.23	10:06	127	00:35:07.15	11:18	144	00:32:20.47	10:24	120
	Lap 5 to 8	00:31:57.52	10:17	121									
	Lap 9 & 10												
128	74/85	8/8	222	Joseph Campisi	M	41	Selden	NY	5	00:32:53.30	02:44:26.51		
	Lap 1 to 4	00:31:39.61	10:11	130	00:33:07.54	10:39	138	00:32:02.76	10:18	125	00:33:24.28	10:45	129
	Lap 5 to 8	00:34:12.30	11:00	128									
	Lap 9 & 10												
129	75/85	2/3	234	Jay Cohen	M	65	Dix Hills	NY	5	00:32:55.90	02:44:39.51		
	Lap 1 to 4	00:30:37.65	9:51	122	00:32:02.08	10:18	130	00:32:57.53	10:36	128	00:33:19.40	10:43	127
	Lap 5 to 8	00:35:42.85	11:29	135									
	Lap 9 & 10												
130	55/91	10/11	306	Sharon Liang	F	53	Smithtown	NY	5	00:32:56.39	02:44:41.98		
	Lap 1 to 4	00:32:31.99	10:28	136	00:32:04.98	10:19	131	00:32:41.55	10:31	127	00:33:30.01	10:46	131
	Lap 5 to 8	00:33:53.43	10:54	125									
	Lap 9 & 10												
131	56/91	7/15	318	Melissa Mele	F	48	West Hempstead	NY	5	00:33:13.46	02:46:07.34		
	Lap 1 to 4	00:32:51.71	10:34	141	00:32:27.26	10:26	134	00:34:10.54	10:59	140	00:34:05.10	10:58	132
	Lap 5 to 8	00:32:32.71	10:28	122									
	Lap 9 & 10												
132	57/91	2/6	378	Nancy Wagner-Wetzel	F	65	Staten Island	NY	5	00:33:13.85	02:46:09.26		
	Lap 1 to 4	00:33:12.17	10:41	143	00:33:41.77	10:50	139	00:33:47.47	10:52	136	00:32:31.00	10:27	121
	Lap 5 to 8	00:32:56.83	10:36	123									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run 2017

25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
133	58/91	10/13	393	Claudia Cabanas	F	39	Lindenhurst	NY	5	00:33:26.23	02:47:11.17		
	Lap 1 to 4	00:32:37.69	10:30	138	00:32:00.93	10:18	129	00:33:37.10	10:49	134	00:33:19.72	10:43	128
	Lap 5 to 8	00:35:35.72	11:27	133									
	Lap 9 & 10												
134	59/91	11/13	303	Erin Lentini	F	37	Merrick	NY	5	00:33:40.50	02:48:22.52		
	Lap 1 to 4	00:32:53.53	10:35	142	00:30:50.23	9:55	124	00:33:23.19	10:44	132	00:36:35.72	11:46	141
	Lap 5 to 8	00:34:39.85	11:09	129									
	Lap 9 & 10												
135	60/91	4/6	262	Sue Fitzpatrick	F	56	Dix Hills	NY	5	00:33:41.45	02:48:27.28		
	Lap 1 to 4	00:32:00.30	10:18	134	00:32:44.41	10:32	135	00:32:58.61	10:36	129	00:35:02.24	11:16	136
	Lap 5 to 8	00:35:41.71	11:29	134									
	Lap 9 & 10												
136	61/91	8/15	333	Carolyn Paidoussis	F	46	West Islip	NY	5	00:33:42.38	02:48:31.94		
	Lap 1 to 4	00:31:54.12	10:16	133	00:32:57.71	10:36	137	00:34:00.50	10:56	139	00:34:37.09	11:08	133
	Lap 5 to 8	00:35:02.51	11:16	131									
	Lap 9 & 10												
137	62/91	9/15	356	Sherin Shanahan	F	45	Riverhead	NY	5	00:33:54.68	02:49:33.44		
	Lap 1 to 4	00:31:22.98	10:06	128	00:32:25.24	10:26	133	00:33:29.49	10:46	133	00:34:55.86	11:14	134
	Lap 5 to 8	00:37:19.86	12:00	142									
	Lap 9 & 10												
138	63/91	3/6	387	Gloria Withus	F	66	Brentwood	NY	5	00:34:05.03	02:50:25.18		
	Lap 1 to 4	00:32:35.44	10:29	137	00:33:52.09	10:54	140	00:33:16.02	10:42	130	00:34:58.70	11:15	135
	Lap 5 to 8	00:35:42.92	11:29	136									
	Lap 9 & 10												
139	76/85	11/12	344	Michael Riccuiti	M	53	West Babylon	NY	5	00:34:14.53	02:51:12.68		
	Lap 1 to 4	00:36:24.90	11:43	152	00:36:36.32	11:46	149	00:35:22.61	11:23	145	00:32:39.06	10:30	122
	Lap 5 to 8	00:30:09.78	9:42	109									
	Lap 9 & 10												
140	64/91	7/12	257	Teresa Farrugia	F	44	Massapequa Park	NY	5	00:34:37.84	02:53:09.20		
	Lap 1 to 4	00:31:27.38	10:07	129	00:34:42.49	11:10	144	00:33:18.63	10:43	131	00:35:46.21	11:30	140
	Lap 5 to 8	00:37:54.46	12:12	144									
	Lap 9 & 10												
141	65/91	4/5	216	Gabriella Brekne	F	27	Selden	NY	5	00:34:39.29	02:53:16.47		
	Lap 1 to 4	00:32:47.13	10:33	139	00:34:23.49	11:04	142	00:34:42.03	11:10	142	00:35:29.98	11:25	139
	Lap 5 to 8	00:35:53.81	11:33	137									
	Lap 9 & 10												
142	66/91	8/12	323	Christina Mueller	F	40	Jersey City	NJ	5	00:35:03.32	02:55:16.60		
	Lap 1 to 4	00:29:04.84	9:21	110	00:39:45.72	12:47	154	00:32:17.84	10:23	126	00:36:58.50	11:54	143
	Lap 5 to 8	00:37:09.68	11:57	141									
	Lap 9 & 10												
143	77/85	16/16	266	Jeffrey Friedman	M	46	Northport	NY	5	00:35:12.85	02:56:04.29		
	Lap 1 to 4	00:31:10.13	10:01	126	00:32:11.07	10:21	132	00:34:51.76	11:13	143	00:39:29.78	12:42	149
	Lap 5 to 8	00:38:21.54	12:20	145									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run 2017

25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
144	67/91	8/10	249	Fran Dowling	F	63	Baldwin	NY	5	00:36:16.36	03:01:21.81		
	Lap 1 to 4	00:34:22.14	11:03	145	00:36:11.44	11:38	147	00:36:40.08	11:48	147	00:37:03.30	11:55	144
	Lap 5 to 8	00:37:04.84	11:56	140									
	Lap 9 & 10												
145	68/91	5/5	260	Allison Fichtelberg	F	25	Hicksville	NY	5	00:36:28.58	03:02:22.90		
	Lap 1 to 4	00:35:09.26	11:18	146	00:34:19.23	11:02	141	00:33:41.09	10:50	135	00:37:49.86	12:10	145
	Lap 5 to 8	00:41:23.45	13:19	150									
	Lap 9 & 10												
146	69/91	9/12	254	Amy Eshleman	F	43	Staten Island	NY	5	00:36:36.06	03:03:00.34		
	Lap 1 to 4	00:35:58.89	11:34	149	00:35:51.05	11:32	146	00:37:37.84	12:06	152	00:36:56.47	11:53	142
	Lap 5 to 8	00:36:36.07	11:46	139									
	Lap 9 & 10												
147	78/85	12/12	279	Chris Harris	M	50	Bay Shore	NY	5	00:37:47.35	03:08:56.79		
	Lap 1 to 4	00:32:15.59	10:22	135	00:32:50.68	10:34	136	00:36:16.60	11:40	146	00:42:00.50	13:31	156
	Lap 5 to 8	00:45:33.42	14:39	155									
	Lap 9 & 10												
148	70/91	5/6	332	Susan Padovano	F	58	Bay Shore	NY	5	00:37:58.14	03:09:50.75		
	Lap 1 to 4	00:35:26.51	11:24	148	00:37:30.87	12:04	152	00:37:03.48	11:55	149	00:38:57.79	12:32	147
	Lap 5 to 8	00:40:52.08	13:09	148									
	Lap 9 & 10												
149	71/91	10/15	268	Michelle Gatto	F	47	Huntington	NY	5	00:38:23.50	03:11:57.52		
	Lap 1 to 4	00:38:22.40	12:21	156	00:37:11.85	11:58	150	00:37:14.58	11:59	150	00:41:36.85	13:23	153
	Lap 5 to 8	00:37:31.82	12:04	143									
	Lap 9 & 10												
150	72/91	10/12	414	Stacy Keyes	F	41	East Meadow	NY	5	00:38:24.58	03:12:02.93		
	Lap 1 to 4	00:32:50.74	10:34	140	00:34:55.25	11:14	145	00:36:43.23	11:49	148	00:41:36.99	13:23	154
	Lap 5 to 8	00:45:56.71	14:47	156									
	Lap 9 & 10												
151	73/91	11/15	352	Sam Ryan	F	48	Smithtown	NY	5	00:38:25.56	03:12:07.84		
	Lap 1 to 4	00:38:10.29	12:17	155	00:37:15.47	11:59	151	00:37:23.89	12:02	151	00:40:52.44	13:09	150
	Lap 5 to 8	00:38:25.74	12:22	146									
	Lap 9 & 10												
152	79/85	8/9	395	Drew Demasters	M	62	Westbury	NY	5	00:39:04.04	03:15:20.25		
	Lap 1 to 4	00:40:20.59	12:59	163	00:41:41.69	13:25	160	00:34:16.09	11:01	141	00:38:13.12	12:18	146
	Lap 5 to 8	00:40:48.76	13:08	147									
	Lap 9 & 10												
153	74/91	11/12	221	Tonya Caisse	F	41	Milford	MA	5	00:39:23.92	03:16:59.60		
	Lap 1 to 4	00:35:11.39	11:19	147	00:36:23.73	11:42	148	00:40:51.38	13:08	156	00:41:53.92	13:29	155
	Lap 5 to 8	00:42:39.17	13:43	152									
	Lap 9 & 10												
154	75/91	12/15	246	Wendy Disilvestro	F	48	East Northport	NY	5	00:40:25.42	03:22:07.12		
	Lap 1 to 4	00:39:46.28	12:48	158	00:34:37.60	11:08	143	00:47:07.11	15:09	165	00:39:14.15	12:37	148
	Lap 5 to 8	00:41:21.96	13:18	149									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run 2017

25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
155	76/91	13/15	416	Rebecca Russell	F	45	Baldwin	NY	5	00:41:58.45	03:29:52.29		
	Lap 1 to 4	00:36:24.33	11:43	151	00:41:21.44	13:18	158	00:40:23.86	13:00	155	00:42:22.76	13:38	157
	Lap 5 to 8	00:49:19.89	15:52	162									
	Lap 9 & 10												
156	77/91	14/15	245	Grace Dinorcia	F	46	Wantagh	NY	5	00:42:03.04	03:30:15.23		
	Lap 1 to 4	00:36:26.15	11:43	153	00:41:20.98	13:18	157	00:40:20.67	12:59	153	00:41:14.57	13:16	152
	Lap 5 to 8	00:50:52.85	16:22	165									
	Lap 9 & 10												
157	78/91	12/12	410	Wendy Arias	F	42	Tarrytown	NY	5	00:42:03.07	03:30:15.39		
	Lap 1 to 4	00:36:22.10	11:42	150	00:41:23.67	13:19	159	00:40:23.48	13:00	154	00:41:13.12	13:15	151
	Lap 5 to 8	00:50:53.01	16:22	166									
	Lap 9 & 10												
158	80/85	2/4	353	Tim Ryan	M	73	New York	NY	5	00:43:30.23	03:37:31.15		
	Lap 1 to 4	00:38:53.12	12:30	157	00:42:17.05	13:36	163	00:46:17.73	14:54	164	00:45:08.87	14:31	158
	Lap 5 to 8	00:44:54.36	14:27	154									
	Lap 9 & 10												
159	79/91	4/6	354	Susan Sabol	F	67	Islip	NY	5	00:44:05.48	03:40:27.42		
	Lap 1 to 4	00:37:54.55	12:12	154	00:41:54.65	13:29	161	00:43:42.23	14:03	158	00:48:13.35	15:31	164
	Lap 5 to 8	00:48:42.64	15:40	161									
	Lap 9 & 10												
160	81/85	9/9	252	Warren Drezen	M	64	Massapequa	NY	5	00:44:05.52	03:40:27.62		
	Lap 1 to 4	00:40:03.91	12:53	159	00:39:45.29	12:47	153	00:43:42.43	14:04	159	00:48:15.71	15:31	165
	Lap 5 to 8	00:48:40.28	15:39	160									
	Lap 9 & 10												
161	82/85	3/4	203	John Backman	M	70	Encinitas	CA	5	00:44:21.83	03:41:49.18		
	Lap 1 to 4	00:40:07.21	12:54	160	00:47:42.22	15:21	166	00:42:57.69	13:49	157	00:46:35.11	14:59	159
	Lap 5 to 8	00:44:26.93	14:18	153									
	Lap 9 & 10												
162	80/91	1/1	240	Patricia Delaney	F	77	Bayshore	NY	5	00:45:14.43	03:46:12.19		
	Lap 1 to 4	00:40:11.41	12:56	162	00:41:00.79	13:12	156	00:45:33.70	14:39	162	00:48:10.02	15:30	163
	Lap 5 to 8	00:51:16.26	16:30	168									
	Lap 9 & 10												
163	81/91	1/2	231	Helma Clavin	F	73	Lake Ronkonkomi	NY	5	00:45:14.52	03:46:12.61		
	Lap 1 to 4	00:40:09.45	12:55	161	00:40:30.49	13:02	155	00:46:09.96	14:51	163	00:48:08.03	15:29	162
	Lap 5 to 8	00:51:14.67	16:29	167									
	Lap 9 & 10												
164	82/91	9/10	358	Linda Simon	F	63	Jericho	NY	5	00:45:35.42	03:47:57.12		
	Lap 1 to 4	00:44:00.79	14:09	165	00:44:35.42	14:21	164	00:45:21.78	14:36	161	00:46:57.54	15:06	160
	Lap 5 to 8	00:47:01.58	15:08	157									
	Lap 9 & 10												
165	83/91	11/11	247	Leslie Dolan	F	52	Islip Terrace	NY	5	00:46:05.69	03:50:28.45		
	Lap 1 to 4	00:45:09.38	14:32	166	00:41:55.41	13:29	162	00:44:03.12	14:10	160	00:48:00.39	15:27	161
	Lap 5 to 8	00:51:20.14	16:31	169									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run 2017

25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
166	84/91	10/10	206	Kathy Bello	F	64	Rochester	NY	5	00:47:05.85	03:55:29.27		
	Lap 1 to 4	00:40:30.97	13:02	164	00:44:51.56	14:26	165	00:47:23.63	15:15	166	00:51:54.37	16:42	168
	Lap 5 to 8	00:50:48.73	16:21	164									
	Lap 9 & 10												
167	85/91	15/15	316	Cheryl McNally	F	47	Oceanside	NY	5	00:51:03.74	04:15:18.74		
	Lap 1 to 4	00:48:31.83	15:37	169	00:55:40.94	17:55	170	00:52:37.96	16:56	169	00:50:19.85	16:11	166
	Lap 5 to 8	00:48:08.14	15:29	158									
	Lap 9 & 10												
168	86/91	12/13	311	Gloria Martinez	F	36	East Meadow	NY	5	00:51:03.74	04:15:18.74		
	Lap 1 to 4	00:48:30.41	15:36	168	00:55:42.36	17:55	171	00:52:37.62	16:56	168	00:50:20.09	16:12	167
	Lap 5 to 8	00:48:08.24	15:29	159									
	Lap 9 & 10												
169	83/85	3/3	305	Lanny Levit	M	66	Brooklyn	NY	5	00:51:37.18	04:18:05.92		
	Lap 1 to 4	00:50:29.48	16:15	170	00:49:17.62	15:51	167	00:50:32.12	16:15	167	00:52:59.63	17:03	169
	Lap 5 to 8	00:54:47.05	17:37	171									
	Lap 9 & 10												
170	87/91	2/2	208	Sherry Bellovin	F	70	N. Massapequa	NY	5	00:52:19.02	04:21:35.15		
	Lap 1 to 4	00:46:53.71	15:05	167	00:49:41.61	15:59	168	00:58:02.48	18:40	171	00:53:23.33	17:11	170
	Lap 5 to 8	00:53:34.02	17:14	170									
	Lap 9 & 10												
171	84/85	4/4	255	Bob Falk	M	73	New York	NY	5	00:53:14.11	04:26:10.55		
	Lap 1 to 4	00:53:31.69	17:13	171	00:52:51.81	17:00	169	00:55:34.68	17:53	170	00:53:54.10	17:20	171
	Lap 5 to 8	00:50:18.25	16:11	163									
	Lap 9 & 10												
172	85/85	1/1	202	Barry Aronowsky	M	76	Greenlawn	NY	5	01:02:59.10	05:14:55.51		
	Lap 1 to 4	00:56:42.64	18:15	172	00:59:19.29	19:05	172	01:04:54.43	20:53	172	01:04:04.78	20:37	172
	Lap 5 to 8	01:09:54.36	22:29	172									
	Lap 9 & 10												
173	88/91	6/6	209	Deborah Bifulco	F	57	Holtsville	NY	5	01:21:40.12	06:48:20.64		
	Lap 1 to 4	01:24:00.71	27:02	175	01:16:49.04	24:43	176	01:28:04.71	28:20	175	01:18:17.93	25:12	174
	Lap 5 to 8	01:21:08.24	26:06	175									
	Lap 9 & 10												
174	89/91	5/6	340	Annette Racaniello	F	65	Patchogue	NY	5	01:21:40.38	06:48:21.90		
	Lap 1 to 4	01:24:01.72	27:02	176	01:16:47.47	24:42	175	01:28:07.90	28:21	176	01:18:15.50	25:11	173
	Lap 5 to 8	01:21:09.29	26:07	176									
	Lap 9 & 10												
175	90/91	6/6	334	Jacqueline Paul	F	66	West Babylon	NY	5	01:21:45.93	06:48:49.65		
	Lap 1 to 4	01:11:40.25	23:04	173	01:09:13.91	22:16	174	01:25:47.26	27:36	173	01:47:19.50	34:32	176
	Lap 5 to 8	01:14:48.72	24:04	173									
	Lap 9 & 10												
176	91/91	13/13	335	Jennifer Paul	F	37	Central Islip	NY	5	01:21:46.49	06:48:52.48		
	Lap 1 to 4	01:11:40.60	23:04	174	01:09:10.09	22:15	173	01:25:49.72	27:37	174	01:47:18.08	34:32	175
	Lap 5 to 8	01:14:53.98	24:06	174									
	Lap 9 & 10												

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25K

Lap legend: (time, pace & place)

Overall Results

March 5, 2017

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time
			373	Greg Taha	M	72	Northport	NY	3	01:00:18.85	03:00:56.56
	Lap 1 to 4	00:57:12.69	18:24		00:58:46.81	18:55	01:04:57.06	20:54			
	Lap 5 to 8										
	Lap 9 & 10										
			228	Sean Chick	M	41	Yonkers	NY	1	00:28:56.12	00:28:56.13
	Lap 1 to 4	00:28:56.13	9:18								
	Lap 5 to 8										
	Lap 9 & 10										