

Aspire 10K Run

March 30, 2019

Overall Results

10K Wheelchair

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	----- First 5K ----- Place	----- Pace ----- Time	----- Last 5K ----- Place	----- Pace ----- Time	----- Total ----- Pace	----- Time		
1	1/1	1/1	211	Peter Hawkins	M	54	Malverne	NY	1	8:16	00:25:41.89	1	5:07	00:15:56.57	6:42	00:41:38.46

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									Place	Pace	Time	Place	Pace	Time	Pace	Time
1	1/278	1/1	579	Boyd Carrington	M	46	Amityville	NY	4	5:32	00:17:13.01	1	5:16	00:16:23.70	5:24	00:33:36.71
2	2/278	1/4	449	Patrick Smyth	M	18	Farmingdale	NY	2	5:32	00:17:12.79	2	5:17	00:16:25.16	5:24	00:33:37.96
3	3/278	2/4	109	Anthony Diaz	M	15	Farmingdale	NY	1	5:32	00:17:12.79	3	5:17	00:16:27.16	5:25	00:33:39.96
4	4/278	1/14	567	Dan Gargaro	M	29	West Islip	NY	3	5:32	00:17:12.99	4	5:18	00:16:30.46	5:25	00:33:43.46
5	5/278	1/22	596	Jonathan Toro	M	33	Mastic	NY	5	5:39	00:17:36.33	6	5:29	00:17:04.37	5:34	00:34:40.71
6	6/278	1/17	550	Felipe Garcia	M	36	Brooklyn	NY	6	5:40	00:17:38.16	8	5:33	00:17:17.20	5:37	00:34:55.36
7	7/278	2/22	353	Edward Murray	M	33	East Meadow	NY	8	5:45	00:17:52.76	5	5:29	00:17:03.62	5:37	00:34:56.38
8	8/278	2/17	542	Ronald Joseph	M	35	Rockaway Park	NY	7	5:42	00:17:45.06	7	5:33	00:17:17.14	5:38	00:35:02.21
9	9/278	3/22	212	Chris Healy	M	33	Port Jefferson Station	NY	9	5:49	00:18:05.33	9	5:42	00:17:44.87	5:46	00:35:50.21
10	10/278	1/7	133	Alex Eletto	M	21	Stony Brook	NY	11	5:59	00:18:37.01	12	5:57	00:18:31.41	5:58	00:37:08.42
11	11/278	2/14	384	Robert Pickard	M	29	Shirley	NY	10	5:57	00:18:30.53	18	6:00	00:18:40.43	5:59	00:37:10.96
12	12/278	3/17	110	Franklin Diaz	M	35	Farmingdale	NY	12	6:04	00:18:53.46	13	5:58	00:18:33.62	6:01	00:37:27.09
13	13/278	4/17	176	Eric Garvin	M	39	West Sayville	NY	13	6:08	00:19:04.00	11	5:56	00:18:27.11	6:02	00:37:31.12
14	14/278	2/7	339	Thomas Mihailin	M	23	East Northport	NY	15	6:09	00:19:09.58	17	6:00	00:18:39.21	6:05	00:37:48.80
15	15/278	4/22	297	P J Loehle	M	32	Long Beach	NY	21	6:15	00:19:27.35	10	5:55	00:18:24.85	6:05	00:37:52.21
16	1/252	1/1	129	Lena Edelstein	F	31	Old Bethpage	NY	18	6:15	00:19:26.74	14	5:58	00:18:34.66	6:07	00:38:01.41
17	16/278	5/22	168	Jossi Fritz-Mauer	M	34	Old Bethpage	NY	19	6:15	00:19:26.94	15	5:59	00:18:35.68	6:07	00:38:02.62
18	17/278	1/1	559	David Lopez-Merlos	M	40	East Northport	NY	20	6:15	00:19:27.34	16	5:59	00:18:36.28	6:07	00:38:03.62
19	18/278	1/21	154	Joe Flick	M	40	Farmingdale	NY	14	6:08	00:19:05.42	20	6:08	00:19:05.04	6:08	00:38:10.46
20	19/278	1/28	377	Earl Penney	M	48	Glen Head	NY	22	6:16	00:19:30.97	21	6:08	00:19:05.73	6:12	00:38:36.70
21	2/252	1/24	553	Betsy Eickelberg	F	27	Harrison	NY	16	6:11	00:19:13.74	28	6:15	00:19:26.20	6:13	00:38:39.94
22	20/278	2/28	352	Timothy Murphy	M	47	Ronkonkoma	NY	23	6:17	00:19:32.59	26	6:12	00:19:18.12	6:15	00:38:50.71
23	21/278	6/22	125	Kevin Dunbar	M	31	Rockville Centre	NY	24	6:19	00:19:39.83	25	6:10	00:19:11.48	6:15	00:38:51.32
24	22/278	3/14	425	Scott Scheinson	M	29	Cedarhurst	NY	17	6:14	00:19:24.50	29	6:16	00:19:28.43	6:15	00:38:52.94
25	23/278	4/14	187	Ray Giron	M	29	Uniondale	NY	27	6:23	00:19:51.27	22	6:08	00:19:06.33	6:16	00:38:57.60
26	24/278	7/22	565	Brendan Kaelin	M	34	Merrick	NY	26	6:23	00:19:51.07	23	6:09	00:19:08.35	6:16	00:38:59.42
27	25/278	3/7	147	Caleb Fiedtkou	M	23	Bethpage	NY	29	6:24	00:19:54.31	24	6:10	00:19:09.76	6:17	00:39:04.07
28	3/252	1/21	67	Ali Caruana	F	31	West Babylon	NY	34	6:32	00:20:18.06	19	6:08	00:19:04.27	6:20	00:39:22.33
29	26/278	8/22	179	Joseph Gendy	M	32	New Hyde Park	NY	28	6:23	00:19:52.83	31	6:18	00:19:35.17	6:21	00:39:28.01
30	27/278	2/21	475	Travis Tate	M	42	Smithtown	NY	25	6:22	00:19:47.59	32	6:20	00:19:43.62	6:21	00:39:31.21
31	28/278	1/30	429	Bill Schroeder	M	58	Garden City	NY	31	6:29	00:20:11.57	27	6:14	00:19:23.16	6:22	00:39:34.74
32	29/278	3/21	492	Christopher Ward	M	42	East Northport	NY	30	6:29	00:20:10.76	33	6:21	00:19:46.48	6:25	00:39:57.24
33	4/252	2/24	50	Lori Brown	F	29	Forest Hills	NY	39	6:35	00:20:30.21	30	6:16	00:19:30.00	6:26	00:40:00.21
34	30/278	5/14	556	Ryan Weisenbacher	M	27	Bellport	NY	33	6:31	00:20:15.83	36	6:23	00:19:51.16	6:27	00:40:06.99
35	5/252	3/24	311	Maria Marascia	F	27	Huntington	NY	35	6:33	00:20:21.74	34	6:22	00:19:47.07	6:27	00:40:08.81
36	31/278	1/36	238	Gus Isaksson	M	52	Saint James	NY	36	6:33	00:20:22.09	37	6:24	00:19:56.07	6:29	00:40:18.16

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									Place	Pace	Time	Place	Pace	Time	Pace	Time
37	32/278	6/14	506	Raymond Williams	M	27	Smithtown	NY	32	6:31	00:20:15.08	41	6:27	00:20:04.88	6:29	00:40:19.97
38	6/252	1/24	380	Kelly Perno-Grosser	F	38	Seaford	NY	37	6:33	00:20:23.09	38	6:25	00:19:57.37	6:29	00:40:20.46
39	33/278	4/21	207	Trent Hampton	M	40	Ronkonkoma	NY	42	6:40	00:20:43.63	39	6:26	00:20:00.48	6:33	00:40:44.12
40	7/252	1/1	47	Una Broderick	F	52	Wantagh	NY	41	6:39	00:20:40.79	43	6:29	00:20:09.03	6:34	00:40:49.82
41	34/278	3/28	583	Todd Rowley	M	49	Huntington	NY	38	6:34	00:20:27.18	47	6:34	00:20:26.47	6:34	00:40:53.65
42	8/252	2/21	370	Annie Onishi	F	32	New York	NY	40	6:38	00:20:37.93	46	6:33	00:20:22.24	6:35	00:41:00.17
43	9/252	1/19	560	Tara Farrell	F	40	East Quogue	NY	46	6:49	00:21:12.70	42	6:27	00:20:05.13	6:38	00:41:17.83
44	35/278	2/36	34	Kevin Boone	M	50	Bay Shore	NY	53	6:57	00:21:36.19	35	6:22	00:19:48.76	6:39	00:41:24.95
45	36/278	1/1	533	Ethan Doran	M	14	Massapequa Park	NY	44	6:48	00:21:08.79	44	6:32	00:20:19.59	6:40	00:41:28.39
46	37/278	9/22	348	John Mueller	M	32	Massapequa	NY	49	6:53	00:21:26.25	40	6:27	00:20:04.71	6:40	00:41:30.96
47	38/278	10/22	374	Joshua Parsons	M	34	Dix Hills	NY	45	6:48	00:21:10.22	45	6:33	00:20:21.82	6:41	00:41:32.04
48	39/278	2/30	12	Alan Baisch	M	57	Selden	NY	43	6:41	00:20:48.30	59	6:44	00:20:57.91	6:43	00:41:46.21
49	10/252	1/30	474	Nancy Tantone	F	54	West Islip	NY	47	6:50	00:21:14.08	51	6:39	00:20:40.11	6:44	00:41:54.20
50	40/278	5/21	526	Sal Dichiaro	M	43	Massapequa	NY	48	6:51	00:21:18.54	52	6:39	00:20:41.33	6:45	00:41:59.87
51	41/278	3/36	203	Jose Gutierrez	M	52	Ridgewood	NY	54	6:57	00:21:38.22	48	6:36	00:20:31.00	6:47	00:42:09.22
52	42/278	11/22	355	Andrew Napoleon	M	30	Lindenhurst	NY	52	6:56	00:21:33.76	50	6:38	00:20:36.89	6:47	00:42:10.65
53	11/252	2/24	570	Shari Klarfeld	F	38	Plainview	NY	55	6:58	00:21:39.34	49	6:37	00:20:34.12	6:47	00:42:13.47
54	43/278	6/21	217	Robert Hegedus	M	42	Flushing	NY	51	6:56	00:21:33.34	54	6:41	00:20:48.25	6:49	00:42:21.59
55	44/278	4/7	331	John Mckeon	M	24	Massapequa	NY	50	6:56	00:21:33.14	55	6:43	00:20:52.49	6:49	00:42:25.63
56	45/278	5/17	351	Robert Murphy	M	35	Huntington	NY	56	7:02	00:21:54.26	57	6:43	00:20:54.93	6:53	00:42:49.19
57	46/278	4/28	378	Tommy Pereira	M	48	Levittown	NY	59	7:07	00:22:08.47	53	6:40	00:20:45.79	6:54	00:42:54.26
58	12/252	3/21	280	Triin Lawrence	F	32	Coram	NY	58	7:07	00:22:07.46	56	6:43	00:20:54.72	6:55	00:43:02.18
59	47/278	3/30	111	Michael Dilisio	M	57	Shoreham	NY	57	7:05	00:22:00.76	60	6:48	00:21:07.67	6:56	00:43:08.44
60	48/278	7/21	108	Richard Diamond	M	43	Plainview	NY	61	7:08	00:22:12.59	62	6:50	00:21:15.37	6:59	00:43:27.96
61	49/278	4/36	144	Michael Fernandez	M	50	Farmingdale	NY	60	7:08	00:22:10.09	66	6:52	00:21:22.62	7:00	00:43:32.71
62	13/252	1/29	414	Barbara Russo	F	55	Sayville	NY	63	7:09	00:22:13.32	65	6:52	00:21:21.95	7:00	00:43:35.27
63	14/252	1/39	231	Helen Huang	F	49	Cold Spring Harbor	NY	67	7:13	00:22:27.54	63	6:51	00:21:18.42	7:02	00:43:45.97
64	50/278	12/22	180	Christopher George	M	33	Garden City	NY	65	7:11	00:22:19.82	68	6:54	00:21:27.62	7:02	00:43:47.44
65	15/252	2/29	444	Jill Skelly	F	55	Huntington	NY	68	7:13	00:22:28.35	64	6:52	00:21:21.91	7:03	00:43:50.26
66	51/278	13/22	419	Erik Salomon	M	33	Huntington Station	NY	72	7:16	00:22:36.69	67	6:53	00:21:24.77	7:05	00:44:01.47
67	16/252	4/21	256	Robyn Kenul	F	31	Nesconset	NY	66	7:11	00:22:22.07	71	6:59	00:21:44.39	7:05	00:44:06.46
68	52/278	4/30	233	Michael Hunter	M	57	Merrick	NY	84	7:23	00:22:57.59	61	6:50	00:21:14.59	7:06	00:44:12.19
69	17/252	2/39	229	Stephanie Hoffmann	F	46	Glen Cove	NY	70	7:15	00:22:34.34	70	6:59	00:21:44.12	7:07	00:44:18.47
70	53/278	1/31	214	Timothy Healy	M	63	Syosset	NY	76	7:20	00:22:47.45	69	6:59	00:21:43.41	7:09	00:44:30.86
71	54/278	8/21	496	Steven Weiss	M	42	Plainview	NY	69	7:14	00:22:30.09	80	7:06	00:22:03.60	7:10	00:44:33.70
72	55/278	1/15	523	Eric Zimmer	M	67	St. James	NY	71	7:15	00:22:34.59	78	7:05	00:22:01.87	7:10	00:44:36.46

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73	56/278	5/28	122	Ray Downes	M	48	Huntington	NY	62	7:08	00:22:12.72	94	7:13	00:22:26.24	7:11	00:44:38.96
74	18/252	3/29	1	Nancy Aboff	F	59	Huntington	NY	79	7:21	00:22:50.90	73	7:01	00:21:48.82	7:11	00:44:39.72
75	57/278	2/31	491	Jon Wallach	M	62	Levittown	NY	74	7:18	00:22:42.78	76	7:04	00:21:57.80	7:11	00:44:40.58
76	58/278	5/30	597	Michael Nolan	M	56	Sayville	NY	75	7:19	00:22:46.34	79	7:05	00:22:03.12	7:12	00:44:49.47
77	59/278	7/14	243	Byron Johnson	M	26	Woodside	NY	108	7:43	00:23:58.84	58	6:44	00:20:55.78	7:13	00:44:54.62
78	60/278	3/31	433	Karnik Seferian	M	61	Setauket	NY	85	7:25	00:23:04.29	75	7:02	00:21:53.16	7:14	00:44:57.46
79	19/252	3/24	148	Deanna Figari	F	36	Manorville	NY	80	7:21	00:22:51.10	82	7:07	00:22:06.97	7:14	00:44:58.07
80	61/278	9/21	8	Sean Alexander	M	41	East Northport	NY	78	7:20	00:22:49.34	84	7:08	00:22:10.12	7:14	00:44:59.47
81	20/252	4/29	136	Monica Enright	F	56	Massapequa	NY	77	7:20	00:22:48.05	88	7:10	00:22:17.66	7:15	00:45:05.71
82	21/252	2/30	30	Staci Blanket	F	54	Old Bethpage	NY	89	7:27	00:23:08.99	77	7:04	00:21:58.21	7:15	00:45:07.20
83	62/278	5/36	165	Eric Friedman	M	53	Merrick	NY	86	7:25	00:23:04.29	83	7:07	00:22:07.38	7:16	00:45:11.67
84	63/278	14/22	547	Daniel Harvey	M	34	Glen Head	NY	73	7:17	00:22:37.91	99	7:16	00:22:36.31	7:16	00:45:14.22
85	64/278	15/22	247	Andrew Kaelin	M	31	Oceanside	NY	93	7:27	00:23:10.60	81	7:06	00:22:04.55	7:16	00:45:15.16
86	65/278	6/30	323	Terence M McCormick	M	58	Lindenhurst	NY	82	7:21	00:22:52.93	93	7:12	00:22:22.79	7:17	00:45:15.72
87	66/278	8/14	14	Patrick Barker	M	25	Dupont	WA	87	7:26	00:23:06.73	85	7:08	00:22:10.66	7:17	00:45:17.40
88	67/278	10/21	376	Thomas Passolo	M	43	Plainview	NY	92	7:27	00:23:10.20	87	7:09	00:22:13.69	7:18	00:45:23.89
89	22/252	3/39	520	Nicolle Zeman	F	45	Miller Place	NY	88	7:26	00:23:07.09	92	7:12	00:22:22.62	7:19	00:45:29.72
90	23/252	5/21	53	Kimberly Bruno	F	30	Holbrook	NY	90	7:27	00:23:09.39	95	7:13	00:22:27.50	7:20	00:45:36.89
91	68/278	3/4	163	Julian Franz	M	19	Nesconset	NY	64	7:09	00:22:14.94	132	7:32	00:23:27.40	7:21	00:45:42.35
92	69/278	1/9	385	Robert Pickus	M	49	Plainview	NY	104	7:41	00:23:54.46	74	7:01	00:21:49.89	7:21	00:45:44.36
93	70/278	7/30	517	Mark Younker	M	56	Valley Stream	NY	83	7:22	00:22:55.16	108	7:21	00:22:52.68	7:22	00:45:47.84
94	71/278	8/30	482	Raymond Tiburzi	M	59	East Northport	NY	91	7:27	00:23:09.59	101	7:18	00:22:41.08	7:22	00:45:50.67
95	72/278	2/9	77	John Clifford	M	57	Seaford	NY	100	7:36	00:23:39.44	96	7:14	00:22:28.51	7:25	00:46:07.95
96	73/278	9/30	575	Michael Casale	M	58	Bellmore	NY	94	7:32	00:23:27.27	105	7:19	00:22:44.95	7:26	00:46:12.23
97	24/252	6/21	123	Brittany Dunbar	F	30	Rockville Centre	NY	99	7:36	00:23:38.42	98	7:15	00:22:34.39	7:26	00:46:12.81
98	74/278	6/28	250	Ira Kaplan	M	49	East Meadow	NY	97	7:36	00:23:37.00	102	7:18	00:22:41.89	7:27	00:46:18.89
99	75/278	10/30	555	Timothy Moley	M	57	Melville	NY	111	7:43	00:24:01.35	90	7:11	00:22:21.80	7:27	00:46:23.15
100	25/252	4/24	445	Annie Slaughter	F	36	Brooklyn	NY	109	7:43	00:23:59.33	97	7:14	00:22:28.63	7:28	00:46:27.97
101	76/278	5/7	356	Nevan Naughton	M	24	Huntington Station	NY	81	7:21	00:22:52.32	141	7:37	00:23:40.59	7:29	00:46:32.91
102	77/278	11/30	319	Bill Mazza	M	56	West Gilgo Beach	NY	101	7:37	00:23:42.08	109	7:22	00:22:53.46	7:29	00:46:35.54
103	26/252	5/24	443	Danielle Singson	F	35	New Hyde Park	NY	102	7:41	00:23:52.83	103	7:18	00:22:43.12	7:29	00:46:35.95
104	78/278	11/21	562	John Jensen	M	42	East Northport	NY	98	7:36	00:23:38.01	114	7:23	00:22:59.35	7:30	00:46:37.37
105	79/278	6/36	135	Paul Englehart	M	53	Baldwin	NY	106	7:42	00:23:58.32	104	7:18	00:22:43.43	7:30	00:46:41.75
106	80/278	12/30	143	Frank Favilla	M	56	Bethpage	NY	116	7:45	00:24:05.43	100	7:17	00:22:40.47	7:31	00:46:45.90
107	81/278	12/21	190	Raymond Gogarty	M	41	Deer Park	NY	96	7:33	00:23:30.52	125	7:29	00:23:15.57	7:31	00:46:46.10
108	82/278	7/28	557	Douglas Gubbins	M	49	Carle Place	NY	107	7:42	00:23:58.52	112	7:22	00:22:54.90	7:32	00:46:53.43

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109	83/278	13/30	235	Dean Hutchinson	M	57	Long Beach	NY	105	7:41	00:23:55.08	115	7:24	00:23:00.63	7:33	00:46:55.72
110	84/278	13/21	476	Jason Taylor	M	44	Medford	NY	95	7:33	00:23:29.84	130	7:32	00:23:26.03	7:33	00:46:55.87
111	27/252	3/30	286	Yvonne Leippert	F	51	Coram	NY	120	7:47	00:24:13.79	107	7:19	00:22:46.35	7:33	00:47:00.14
112	85/278	4/31	590	Steven Gerardi	M	62	East Meadow	NY	145	7:59	00:24:48.31	89	7:10	00:22:17.70	7:34	00:47:06.01
113	28/252	5/29	561	Karen Cotty	F	55	East Quogue	NY	115	7:44	00:24:04.60	118	7:25	00:23:04.26	7:35	00:47:08.86
114	29/252	4/24	332	Lauren Mcknight	F	26	Massapequa	NY	146	7:59	00:24:48.71	91	7:11	00:22:22.19	7:35	00:47:10.91
115	86/278	8/28	343	Michael Minerva	M	47	Holbrook	NY	103	7:41	00:23:54.26	127	7:29	00:23:18.06	7:35	00:47:12.32
116	87/278	7/36	448	Robert Smith	M	50	Northport	NY	123	7:49	00:24:19.34	113	7:23	00:22:57.12	7:36	00:47:16.47
117	88/278	8/36	426	Karl Scheuerman	M	51	Centerport	NY	119	7:47	00:24:12.55	120	7:26	00:23:06.06	7:36	00:47:18.62
118	89/278	16/22	315	Keith Masso	M	31	Glen Cove	NY	172	8:15	00:25:39.14	72	7:00	00:21:46.21	7:37	00:47:25.35
119	90/278	6/17	386	Nkrumah Pierre	M	35	New York	NY	157	8:06	00:25:11.89	86	7:09	00:22:13.58	7:37	00:47:25.47
120	91/278	14/21	44	Romulo Brito	M	41	Uniondale	NY	110	7:43	00:24:01.15	133	7:33	00:23:30.47	7:38	00:47:31.62
121	92/278	9/28	193	Barry Goodman	M	47	Plainview	NY	118	7:46	00:24:10.72	128	7:31	00:23:21.91	7:39	00:47:32.64
122	93/278	7/17	585	Rich Sparacin	M	38	Holbrook	NY	114	7:44	00:24:04.09	136	7:34	00:23:33.60	7:39	00:47:37.70
123	30/252	6/24	126	Annemarie Dunn	F	37	West Babylon	NY	128	7:52	00:24:26.78	121	7:28	00:23:12.14	7:40	00:47:38.92
124	94/278	14/30	500	Dennis White	M	55	Greenlawn	NY	144	7:58	00:24:45.47	110	7:22	00:22:53.74	7:40	00:47:39.22
125	31/252	2/19	55	Bethany Burke	F	41	Huntington	NY	129	7:52	00:24:27.10	123	7:28	00:23:13.24	7:40	00:47:40.34
126	95/278	5/31	11	Mike Baard	M	63	Merrick	NY	130	7:52	00:24:27.80	126	7:29	00:23:16.01	7:40	00:47:43.82
127	32/252	5/24	284	Allyson Lehrer	F	28	Woodbury	NY	134	7:53	00:24:31.34	124	7:28	00:23:14.54	7:41	00:47:45.89
128	33/252	7/21	535	Allison Galante	F	33	East Northport	NY	135	7:53	00:24:31.59	131	7:32	00:23:26.37	7:43	00:47:57.97
129	34/252	4/39	82	Angelique Consalazio	F	48	Northport	NY	125	7:50	00:24:22.92	139	7:36	00:23:38.04	7:43	00:48:00.97
130	96/278	9/14	510	Alex Woloshin	M	26	Farmingdale	NY	149	8:02	00:24:59.84	117	7:24	00:23:02.22	7:43	00:48:02.07
131	35/252	6/29	249	Andrea Kantor	F	55	East Islip	NY	147	7:59	00:24:50.35	122	7:28	00:23:13.12	7:44	00:48:03.47
132	97/278	17/22	86	Christopher Corby	M	31	Hicksville	NY	151	8:04	00:25:05.38	116	7:24	00:23:01.56	7:44	00:48:06.95
133	98/278	6/31	350	Glenn Murphy	M	60	Miller Place	NY	136	7:53	00:24:32.27	137	7:35	00:23:35.49	7:44	00:48:07.76
134	36/252	4/30	244	Charlotte Johnson	F	51	Port Jefferson Station	NY	137	7:53	00:24:32.46	138	7:35	00:23:36.50	7:44	00:48:08.97
135	37/252	1/2	93	Reese Coughlin	F	12	Hauppauge	NY	122	7:48	00:24:14.34	145	7:41	00:23:54.84	7:44	00:48:09.19
136	99/278	9/36	576	Paul Lieffrig	M	51	Rockville Centre	NY	121	7:48	00:24:14.10	147	7:42	00:23:56.70	7:45	00:48:10.80
137	100/278	2/15	366	Frank Notarstefano	M	66	Seaford	NY	139	7:55	00:24:38.56	135	7:34	00:23:33.41	7:45	00:48:11.97
138	101/278	10/36	325	Kevin Mcelroy	M	50	Rockville Centre	NY	113	7:44	00:24:03.38	157	7:47	00:24:11.83	7:45	00:48:15.22
139	102/278	3/9	369	Ken Olson	M	49	Plainview	NY	162	8:09	00:25:21.44	111	7:22	00:22:54.25	7:45	00:48:15.69
140	38/252	1/6	132	Megan Eiseman	F	23	Seaford	NY	117	7:45	00:24:06.34	159	7:47	00:24:13.37	7:46	00:48:19.72
141	103/278	15/21	173	Andrew Garcia	M	42	Mineola	NY	170	8:13	00:25:34.85	106	7:19	00:22:46.33	7:46	00:48:21.18
142	39/252	8/21	303	Jill Loveland	F	33	Long Beach	NY	143	7:57	00:24:43.66	140	7:37	00:23:40.31	7:47	00:48:23.97
143	40/252	9/21	281	Jane Lee	F	31	Whitestone	NY	126	7:51	00:24:24.12	153	7:46	00:24:08.24	7:48	00:48:32.36
144	104/278	10/28	588	Hector Jaramillo	M	47	Baldwin	NY	124	7:50	00:24:21.28	160	7:47	00:24:13.92	7:49	00:48:35.20

Aspire 10K Run

March 30, 2019

Overall Results

10K

Place	Gender 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	41/252	5/39	119	Kathy Dormer	F	49	Williston Park	NY	138	7:53	00:24:32.67	151	7:44	00:24:04.56	7:49	00:48:37.24
146	105/278	1/21	592	Robert Hardie	M	55	East Northport	NY	148	8:01	00:24:56.34	142	7:37	00:23:42.70	7:49	00:48:39.05
147	106/278	16/21	198	Matthew Gregory	M	44	Plainview	NY	159	8:07	00:25:15.75	134	7:34	00:23:30.97	7:50	00:48:46.72
148	107/278	15/30	299	Kenneth Long	M	58	Bohemia	NY	156	8:05	00:25:09.46	143	7:38	00:23:45.01	7:52	00:48:54.47
149	42/252	7/29	582	Florence Clarke	F	55	Massapequa	NY	142	7:57	00:24:42.59	161	7:49	00:24:17.35	7:53	00:48:59.95
150	108/278	7/31	573	Leonardo Latouche	M	63	Oceanside	NY	132	7:53	00:24:30.05	169	7:55	00:24:37.01	7:54	00:49:07.06
151	109/278	16/30	578	Rajiv Bansal	M	55	Old Westbury	NY	152	8:05	00:25:08.05	148	7:44	00:24:01.86	7:54	00:49:09.91
152	110/278	11/28	164	Dan Fredericks	M	45	Bethpage	NY	131	7:52	00:24:27.84	178	7:57	00:24:42.48	7:54	00:49:10.33
153	111/278	11/36	457	Jim Sommer	M	54	Massapequa	NY	127	7:51	00:24:25.16	180	7:58	00:24:45.80	7:54	00:49:10.96
154	112/278	12/28	230	James Hsun	M	48	Plainview	NY	160	8:07	00:25:16.16	149	7:44	00:24:02.51	7:56	00:49:18.68
155	113/278	17/30	540	Paul Bonanni	M	58	Selden	NY	155	8:05	00:25:09.26	156	7:46	00:24:10.64	7:56	00:49:19.91
156	43/252	6/39	102	Mary-Jo Depaoli	F	45	Massapequa	NY	158	8:07	00:25:13.51	152	7:45	00:24:07.41	7:56	00:49:20.92
157	44/252	1/16	245	Maureen Joyce	F	62	East Northport	NY	161	8:08	00:25:17.35	150	7:44	00:24:04.37	7:56	00:49:21.72
158	114/278	1/12	458	Roger Soulagnet	M	71	Lindenhurst	NY	167	8:11	00:25:28.18	146	7:41	00:23:55.28	7:56	00:49:23.47
159	115/278	3/15	313	Peter Martin	M	69	Bellmore	NY	150	8:03	00:25:00.92	165	7:51	00:24:24.04	7:57	00:49:24.97
160	116/278	4/9	404	David Rockitter	M	56	Wantagh	NY	133	7:53	00:24:30.45	189	8:01	00:24:55.52	7:57	00:49:25.97
161	45/252	6/24	263	Sarah Kirsch	F	29	Setauket	NY	153	8:05	00:25:08.25	162	7:49	00:24:17.72	7:57	00:49:25.97
162	46/252	1/2	375	Tiffany Paruolo	F	19	Kings Park	NY	141	7:56	00:24:40.59	181	7:58	00:24:46.37	7:57	00:49:26.97
163	47/252	7/24	396	Christina Rattotti	F	28	Cold Spring Harbor	NY	185	8:23	00:26:03.10	129	7:31	00:23:24.31	7:57	00:49:27.41
164	48/252	5/30	509	Sarane Wolf	F	50	Woodbury	NY	174	8:18	00:25:48.10	144	7:39	00:23:47.62	7:58	00:49:35.72
165	117/278	13/28	92	Bill Coughlin	M	45	Hauppauge	NY	165	8:11	00:25:26.13	155	7:46	00:24:10.09	7:58	00:49:36.22
166	118/278	14/28	464	Michael Starr	M	49	Plainview	NY	164	8:11	00:25:25.71	163	7:49	00:24:18.50	8:00	00:49:44.22
167	119/278	12/36	118	Daniel Dorce	M	50	Elmont	NY	154	8:05	00:25:08.88	171	7:55	00:24:37.83	8:00	00:49:46.72
168	49/252	1/3	255	Melissa Kennedy	F	70	Amityville	NY	171	8:14	00:25:36.10	158	7:47	00:24:11.85	8:00	00:49:47.95
169	120/278	13/36	183	Scott Gilbert	M	53	East Northport	NY	215	8:36	00:26:45.02	119	7:25	00:23:04.70	8:01	00:49:49.72
170	121/278	14/36	554	Mike Vulpis	M	51	Islip Terrace	NY	166	8:11	00:25:27.09	166	7:51	00:24:24.71	8:01	00:49:51.80
171	50/252	1/10	105	Becky Derison	F	25	Huntington Station	NY	168	8:12	00:25:30.60	164	7:51	00:24:23.62	8:01	00:49:54.22
172	51/252	7/39	479	Jenney Tesoriero	F	48	Westbury	NY	173	8:17	00:25:46.27	154	7:46	00:24:09.40	8:02	00:49:55.67
173	122/278	8/31	511	Glen Wolther	M	62	Jericho	NY	169	8:13	00:25:32.05	184	7:59	00:24:48.91	8:06	00:50:20.97
174	123/278	15/28	307	Joseph Maiorana	M	49	Shirley	NY							8:06	00:50:24.09
175	124/278	4/15	174	Anthony Garguilo	M	67	Kings Park	NY	175	8:18	00:25:49.33	170	7:55	00:24:37.82	8:07	00:50:27.15
176	52/252	8/29	80	Karen Conkling	F	56	Massapequa	NY	180	8:20	00:25:53.79	167	7:54	00:24:34.68	8:07	00:50:28.47
177	53/252	10/21	33	Lisa Bonanni	F	32	Selden	NY	178	8:19	00:25:51.10	179	7:57	00:24:42.86	8:08	00:50:33.97
178	125/278	6/7	159	Tyler Francisco	M	21	East Setauket	NY	182	8:22	00:26:01.10	173	7:56	00:24:39.37	8:09	00:50:40.47
179	126/278	10/14	262	David Kirsch	M	27	Setauket	NY	183	8:22	00:26:01.30	174	7:56	00:24:39.70	8:09	00:50:41.00
180	127/278	16/28	289	Craig Lerman	M	47	Plainview	NY	187	8:24	00:26:06.58	168	7:55	00:24:36.26	8:09	00:50:42.84

Aspire 10K Run

March 30, 2019

Overall Results

10K

Place	Gender 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	54/252	3/19	189	Danielle Gogarty	F	41	Deer Park	NY	179	8:19	00:25:52.35	186	8:00	00:24:51.89	8:09	00:50:44.24
182	128/278	15/36	529	Kevin Arloff	M	52	Huntington Station	NY	112	7:44	00:24:02.78	247	8:35	00:26:41.87	8:09	00:50:44.65
183	129/278	4/4	199	Jaime Grosman	M	16	Plainview	NY	140	7:56	00:24:39.34	230	8:24	00:26:08.55	8:10	00:50:47.90
184	55/252	11/21	228	Jessica Hill	F	34	East Northport	NY	176	8:18	00:25:49.94	191	8:03	00:25:02.00	8:11	00:50:51.94
185	130/278	16/36	424	Steve Schaumburg	M	53	Plainview	NY	184	8:22	00:26:02.10	185	7:59	00:24:49.85	8:11	00:50:51.95
186	131/278	5/9	300	Michael Long	M	34	Nesconset	NY	193	8:26	00:26:13.70	172	7:56	00:24:39.25	8:11	00:50:52.95
187	132/278	17/28	227	Lawrence Hilbert	M	49	Plainview	NY	204	8:30	00:26:25.30	183	7:59	00:24:48.77	8:14	00:51:14.07
188	133/278	17/36	104	Mario Deriggi	M	50	Syosset	NY	207	8:32	00:26:33.81	176	7:56	00:24:40.86	8:14	00:51:14.68
189	56/252	8/39	484	Jo Todtfeld	F	47	Massapequa	NY	209	8:33	00:26:35.26	175	7:56	00:24:39.96	8:14	00:51:15.22
190	134/278	6/9	97	John De Spagna	M	55	Huntington	NY	188	8:24	00:26:08.20	194	8:05	00:25:07.49	8:14	00:51:15.69
191	57/252	4/19	310	Lynda Maniscalco	F	42	Patchogue	NY	189	8:24	00:26:08.60	193	8:05	00:25:07.29	8:14	00:51:15.89
192	135/278	18/22	349	Esaiyyas Mulat	M	32	Bridgeport	CT	208	8:33	00:26:34.60	188	8:01	00:24:55.29	8:17	00:51:29.89
193	58/252	6/30	388	Stephanie Plotkin	F	52	Plainview	NY	198	8:27	00:26:15.56	196	8:07	00:25:15.55	8:17	00:51:31.11
194	59/252	8/24	291	Stacianne Lester	F	26	Plainview	NY	205	8:31	00:26:29.11	192	8:04	00:25:04.64	8:17	00:51:33.75
195	60/252	5/19	346	Clare Moran	F	42	Smithtown	NY	194	8:26	00:26:14.10	200	8:10	00:25:23.37	8:18	00:51:37.47
196	136/278	19/22	391	Andrew Prelusky	M	33	Babylon	NY	202	8:29	00:26:22.06	197	8:08	00:25:18.38	8:18	00:51:40.44
197	137/278	5/15	43	Joseph Brida	M	67	Miller Place	NY	186	8:23	00:26:05.57	212	8:14	00:25:37.90	8:19	00:51:43.47
198	61/252	6/19	185	Sarah Gilpin	F	44	Little Neck	NY	216	8:37	00:26:46.60	190	8:02	00:24:57.69	8:19	00:51:44.30
199	138/278	11/14	584	Edward Shannon	M	27	Garden City	NY	163	8:10	00:25:25.10	237	8:28	00:26:20.37	8:19	00:51:45.47
200	139/278	6/15	124	Gerry Dunbar	M	67	Floral Park	NY	200	8:27	00:26:17.35	203	8:11	00:25:28.18	8:19	00:51:45.54
201	140/278	18/36	490	Ben Walden	M	51	Centerport	NY	181	8:21	00:25:59.47	220	8:18	00:25:50.25	8:20	00:51:49.72
202	141/278	9/31	314	Frank Martinez	M	61	Commack	NY	190	8:25	00:26:09.60	214	8:16	00:25:41.44	8:20	00:51:51.04
203	142/278	8/17	543	Joseph Famiglietti	M	38	Plainview	NY	224	8:42	00:27:04.10	182	7:58	00:24:47.87	8:20	00:51:51.97
204	143/278	18/30	141	Brian Fallon	M	56	Northport	NY	201	8:29	00:26:21.60	207	8:12	00:25:31.12	8:20	00:51:52.72
205	144/278	19/30	571	Dennis Gowen	M	57	Massapequa Park	NY	221	8:41	00:26:59.85	187	8:01	00:24:54.84	8:21	00:51:54.69
206	62/252	9/39	593	Dina Villanueva	F	45	Oyster Bay	NY	203	8:29	00:26:24.28	208	8:13	00:25:32.03	8:21	00:51:56.31
207	63/252	2/16	455	Kim Solomine	F	61	Syosset	NY	206	8:31	00:26:29.56	202	8:11	00:25:27.16	8:21	00:51:56.72
208	64/252	7/24	265	Lindsay Klausner	F	36	Huntington Station	NY	197	8:27	00:26:15.35	215	8:16	00:25:42.77	8:21	00:51:58.13
209	145/278	7/9	36	Robert Bradshaw	M	43	East Meadow	NY	211	8:33	00:26:36.06	204	8:11	00:25:28.61	8:22	00:52:04.68
210	65/252	7/19	49	Elizabeth Brown	F	42	West Babylon	NY	217	8:37	00:26:48.08	198	8:09	00:25:22.10	8:23	00:52:10.18
211	66/252	9/29	365	Karen Nora	F	58	Northport	NY	191	8:26	00:26:12.48	224	8:21	00:25:59.28	8:23	00:52:11.77
212	146/278	9/17	437	Craig Shiffrin	M	39	Plainview	NY	177	8:19	00:25:51.10	238	8:28	00:26:21.37	8:24	00:52:12.47
213	147/278	10/31	393	Grant Radtke	M	63	East Meadow	NY	226	8:44	00:27:08.81	195	8:05	00:25:07.81	8:24	00:52:16.63
214	67/252	8/19	497	Aimee Welsh	F	44	Huntington	NY	199	8:27	00:26:16.36	225	8:22	00:26:02.08	8:25	00:52:18.44
215	148/278	11/31	381	Eric Perrotta	M	63	Massapequa	NY	192	8:26	00:26:13.31	228	8:23	00:26:05.33	8:25	00:52:18.64
216	68/252	10/39	472	Diana Suprenant	F	45	Nesconset	NY	210	8:33	00:26:35.60	216	8:16	00:25:43.62	8:25	00:52:19.22

Aspire 10K Run

March 30, 2019

Overall Results

10K

Place	Gender 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	149/278	18/28	400	David Richman	M	49	Plainview	NY	196	8:26	00:26:15.10	231	8:25	00:26:10.87	8:26	00:52:25.97
218	69/252	10/29	197	Ellen Greenspan	F	58	Mill Neck	NY	219	8:39	00:26:53.10	210	8:14	00:25:36.53	8:26	00:52:29.63
219	70/252	11/29	322	Christine Mccain	F	56	Deer Park	NY	220	8:39	00:26:53.98	213	8:16	00:25:41.13	8:27	00:52:35.11
220	71/252	11/39	288	Danielle Leong	F	46	Commack	NY	227	8:44	00:27:10.65	209	8:13	00:25:34.61	8:29	00:52:45.26
221	150/278	12/31	287	Jorge Leitman	M	60	Mineola	NY	251	9:03	00:28:07.33	177	7:56	00:24:41.99	8:30	00:52:49.32
222	72/252	9/24	63	Teresa Caputo	F	26	Levittown	NY	212	8:33	00:26:36.30	239	8:29	00:26:22.42	8:31	00:52:58.72
223	73/252	8/24	431	Heather Sciara	F	39	Plainview	NY	214	8:35	00:26:42.85	235	8:27	00:26:17.19	8:31	00:53:00.04
224	74/252	7/30	480	Eliana Themistocleous	F	51	Melville	NY	222	8:42	00:27:02.32	223	8:21	00:25:58.12	8:31	00:53:00.44
225	75/252	12/39	35	Damian Bradley	F	47	Bay Shore	NY	230	8:46	00:27:15.34	218	8:18	00:25:47.34	8:32	00:53:02.68
226	76/252	12/21	23	Kathryn Bell	F	33	Bethpage	NY	238	8:52	00:27:35.61	205	8:12	00:25:30.11	8:32	00:53:05.72
227	77/252	10/24	354	Olivia Myszkowski	F	25	Maspeth	NY	223	8:42	00:27:02.93	232	8:25	00:26:11.97	8:34	00:53:14.90
228	78/252	9/19	131	Emily Eich	F	43	Sayville	NY	236	8:51	00:27:32.79	217	8:17	00:25:44.54	8:34	00:53:17.33
229	79/252	11/24	595	Mirian Romero	F	29	Locust Valley	NY	229	8:45	00:27:13.70	227	8:23	00:26:04.64	8:34	00:53:18.34
230	151/278	20/30	330	Tim Mckay	M	58	Farmingdale	NY	232	8:49	00:27:23.60	222	8:21	00:25:56.87	8:35	00:53:20.47
231	152/278	2/21	581	Jeffrey Dicker	M	43	Plainview	NY	241	8:56	00:27:46.21	211	8:14	00:25:36.58	8:35	00:53:22.79
232	153/278	8/9	524	Gary Plotkin	M	45	Plainview	NY	247	8:59	00:27:56.85	201	8:11	00:25:26.12	8:35	00:53:22.97
233	154/278	10/17	342	Rob Miller	M	39	Astoria	NY	250	9:01	00:28:01.02	199	8:10	00:25:22.95	8:35	00:53:23.97
234	155/278	19/28	362	Thomas Ng	M	45	Plainview	NY	240	8:53	00:27:38.85	219	8:18	00:25:48.19	8:36	00:53:27.04
235	80/252	10/19	9	Kelly Archer	F	41	Greenlawn	NY	237	8:52	00:27:35.45	221	8:20	00:25:53.63	8:36	00:53:29.08
236	156/278	11/17	181	Justin Gershowitz	M	38	Saint James	NY	249	9:01	00:28:01.02	206	8:12	00:25:30.11	8:36	00:53:31.13
237	157/278	2/12	166	David Frisone	M	74	New Hyde Park	NY	234	8:50	00:27:28.74	226	8:22	00:26:02.39	8:36	00:53:31.13
238	158/278	20/28	589	Demetri Ballas	M	46	Kings Park	NY	195	8:26	00:26:14.73	265	8:48	00:27:23.12	8:37	00:53:37.86
239	81/252	8/30	563	Regina Orelli	F	53	Hunt Sta	NY	218	8:38	00:26:49.70	256	8:40	00:26:57.46	8:39	00:53:47.17
240	82/252	9/30	116	Anita Distefano	F	51	Nesconset	NY	225	8:43	00:27:05.56	248	8:35	00:26:42.63	8:39	00:53:48.19
241	83/252	10/30	41	Judith Brenner	F	50	Plainview	NY	242	8:56	00:27:47.60	229	8:24	00:26:06.87	8:40	00:53:54.47
242	159/278	7/7	453	Zachary Sogluizzo	M	24	Deer Park	NY	213	8:35	00:26:41.76	262	8:45	00:27:13.14	8:40	00:53:54.90
243	160/278	3/21	158	Paul Franciotti	M	64	East Meadow	NY	239	8:53	00:27:36.85	236	8:28	00:26:19.37	8:40	00:53:56.22
244	161/278	19/36	383	Tony Pezzano	M	54	Huntington	NY	233	8:50	00:27:27.33	242	8:33	00:26:35.06	8:41	00:54:02.40
245	84/252	13/39	18	Kiersten Bartolotta	F	48	Sayville	NY	246	8:58	00:27:52.10	234	8:26	00:26:14.76	8:42	00:54:06.86
246	85/252	11/19	304	Carrie Luckner-Zimmerman	F	41	Great Neck	NY	235	8:51	00:27:31.37	244	8:34	00:26:38.60	8:43	00:54:09.97
247	162/278	12/17	260	Joon Kim	M	39	North Hills	NY	228	8:45	00:27:12.08	260	8:45	00:27:11.64	8:45	00:54:23.72
248	163/278	4/21	513	Gary Woods	M	44	Williston Park	NY	245	8:58	00:27:51.69	246	8:35	00:26:41.53	8:46	00:54:33.22
249	164/278	21/28	20	Benjamin Beavers	M	45	Amityville	NY	248	9:00	00:28:00.35	243	8:33	00:26:35.70	8:47	00:54:36.06
250	165/278	1/3	306	Tom Maile	M	76	Cortlandt Manor	NY	244	8:57	00:27:49.35	253	8:39	00:26:53.40	8:48	00:54:42.75
251	166/278	20/36	462	Robert St.Onge	M	53	Long Beach	NY	231	8:48	00:27:22.25	267	8:49	00:27:25.78	8:49	00:54:48.03
252	86/252	12/29	29	Josephine Bishop	F	56	Port Washington	NY	252	9:04	00:28:13.01	245	8:34	00:26:39.91	8:49	00:54:52.93

Aspire 10K Run

March 30, 2019

Overall Results

10K

Place	Gender 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	87/252	9/24	175	Vanessa Gariglio	F	37	Huntington Station	NY	259	9:10	00:28:29.60	240	8:30	00:26:25.37	8:50	00:54:54.97
254	167/278	22/28	222	Jon Herman	M	48	Plainview	NY	258	9:09	00:28:28.84	241	8:31	00:26:30.35	8:50	00:54:59.20
255	88/252	3/16	157	Mary Fraker	F	62	E Northport	NY	254	9:06	00:28:17.87	252	8:39	00:26:53.29	8:52	00:55:11.16
256	168/278	21/30	318	Robert Mayer	M	59	Douglaston	NY	270	9:19	00:28:58.09	233	8:26	00:26:14.70	8:53	00:55:12.79
257	89/252	11/30	115	Wendy Disilvestro	F	50	East Northport	NY	257	9:09	00:28:27.83	251	8:36	00:26:45.36	8:53	00:55:13.20
258	90/252	12/19	76	Sharon Clark	F	40	Cortland	NY	253	9:05	00:28:15.60	258	8:42	00:27:01.88	8:53	00:55:17.48
259	169/278	7/15	140	Scott Fairgrieve	M	68	Mineola	NY	264	9:13	00:28:41.02	254	8:39	00:26:54.16	8:56	00:55:35.18
260	91/252	13/21	512	Patricia Wong	F	33	Plainview	NY	243	8:57	00:27:49.26	286	8:57	00:27:50.52	8:57	00:55:39.78
261	170/278	13/31	360	Paul Nelson	M	64	Saint James	NY	255	9:06	00:28:18.49	271	8:50	00:27:27.48	8:58	00:55:45.97
262	92/252	13/29	236	Jeannie Hynes	F	57	Greenlawn	NY	261	9:12	00:28:36.35	266	8:49	00:27:24.55	9:00	00:56:00.90
263	171/278	14/31	417	Anthony Salerno	M	64	Wantagh	NY	276	9:22	00:29:08.85	257	8:41	00:26:58.97	9:01	00:56:07.82
264	93/252	2/10	305	Susan Maier	F	55	Long Beach	NY	283	9:27	00:29:24.33	249	8:36	00:26:44.31	9:02	00:56:08.64
265	172/278	8/15	296	John Lively	M	65	Hicksville	NY	277	9:23	00:29:12.32	255	8:40	00:26:56.40	9:02	00:56:08.72
266	173/278	21/36	28	Joe Bianco	M	53	Centerport	NY	256	9:08	00:28:23.10	284	8:56	00:27:46.77	9:02	00:56:09.87
267	94/252	14/39	69	Christine Cassidy	F	48	Massapequa Park	NY	265	9:14	00:28:42.43	272	8:50	00:27:28.85	9:02	00:56:11.29
268	95/252	12/30	463	Maureen Stammers-Janzen	F	53	Huntington Station	NY	266	9:15	00:28:45.70	273	8:51	00:27:29.89	9:03	00:56:15.59
269	174/278	15/31	361	Dean Neumann	M	61	Islandia	NY	262	9:13	00:28:40.00	278	8:52	00:27:35.59	9:03	00:56:15.60
270	175/278	22/36	271	Joe Koplik	M	50	Wantagh	NY	269	9:18	00:28:54.44	268	8:49	00:27:26.08	9:04	00:56:20.52
271	96/252	12/24	531	Emma Carpenter	F	28	Bay Shore	NY	268	9:17	00:28:51.60	274	8:51	00:27:30.35	9:04	00:56:21.95
272	176/278	17/21	32	John Bodolai	M	43	Bay Shore	NY	263	9:13	00:28:40.36	283	8:55	00:27:44.03	9:04	00:56:24.39
273	97/252	1/8	283	Pamela Lee	F	65	Syosset	NY	267	9:15	00:28:47.33	279	8:53	00:27:37.45	9:04	00:56:24.79
274	98/252	4/16	403	Susan Robinson	F	60	Coram	NY	271	9:19	00:28:58.90	269	8:49	00:27:26.30	9:04	00:56:25.21
275	177/278	5/21	367	Rich O'Neill	M	52	Center Moriches	NY	260	9:10	00:28:30.46	292	9:01	00:28:01.03	9:05	00:56:31.49
276	178/278	22/30	477	Larry Tenenbaum	M	57	Dix Hills	NY	273	9:20	00:28:59.92	280	8:53	00:27:37.46	9:06	00:56:37.39
277	99/252	15/39	57	Rosalia Butera	F	48	Massapequa	NY	286	9:29	00:29:29.02	263	8:45	00:27:14.05	9:07	00:56:43.08
278	100/252	13/30	335	Dedee Meehan	F	51	Lake Ronkonkoma	NY	289	9:33	00:29:40.98	259	8:43	00:27:06.95	9:08	00:56:47.94
279	101/252	13/19	139	Dianna Faini	F	43	Commack	NY	279	9:26	00:29:18.85	282	8:54	00:27:42.12	9:10	00:57:00.98
280	102/252	13/24	503	Alison Wigand	F	25	Lindenhurst	NY	278	9:24	00:29:14.97	296	9:02	00:28:06.11	9:13	00:57:21.08
281	179/278	16/31	202	Bill Guichard	M	63	Melville	NY	280	9:26	00:29:20.35	294	9:01	00:28:02.76	9:14	00:57:23.12
282	180/278	6/21	79	Thomas Coll	M	48	Massapequa Park	NY	285	9:28	00:29:27.79	289	8:59	00:27:57.54	9:14	00:57:25.33
283	103/252	16/39	85	Leslie Cook	F	45	Massapequa	NY	293	9:35	00:29:46.85	281	8:54	00:27:40.92	9:14	00:57:27.77
284	104/252	17/39	145	Deb Ferry	F	47	Mount Sinai	NY	284	9:28	00:29:25.85	295	9:01	00:28:03.13	9:15	00:57:28.98
285	105/252	18/39	275	Barbara Kuznetz	F	45	Islandia	NY	298	9:38	00:29:58.60	277	8:52	00:27:33.12	9:15	00:57:31.72
286	181/278	17/31	460	Scott Sparr	M	60	Long Beach	NY	272	9:19	00:28:59.32	314	9:12	00:28:37.97	9:16	00:57:37.29
287	182/278	20/22	568	Ian Lehrer	M	30	East Meadow	NY	281	9:26	00:29:21.50	302	9:06	00:28:16.97	9:16	00:57:38.48
288	106/252	14/30	336	Elizabeth Melillo	F	53	Northport	NY	313	9:45	00:30:20.27	270	8:49	00:27:26.70	9:17	00:57:46.98

Aspire 10K Run

March 30, 2019

Overall Results

10K

Place	Gender 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	107/252	14/29	106	Jennifer Despagna	F	55	Huntington	NY	282	9:27	00:29:21.85	306	9:08	00:28:25.59	9:18	00:57:47.45
290	108/252	10/24	156	Laura Fragale	F	37	Commack	NY	294	9:35	00:29:48.09	290	9:00	00:27:59.96	9:18	00:57:48.05
291	183/278	9/15	398	Michael Ribuffo	M	65	East Northport	NY	274	9:21	00:29:03.10	322	9:16	00:28:49.12	9:18	00:57:52.22
292	184/278	23/36	566	Mark Temkin	M	51	Plainview	NY	275	9:21	00:29:03.85	323	9:17	00:28:51.51	9:19	00:57:55.37
293	185/278	7/21	232	Christopher Hunt	M	49	Farmingdale	NY	292	9:34	00:29:46.27	298	9:04	00:28:10.51	9:19	00:57:56.78
294	109/252	14/21	409	Aimee Ronzetti	F	32	Central Islip	NY	326	9:53	00:30:43.21	264	8:46	00:27:17.03	9:20	00:58:00.24
295	110/252	11/24	368	Elizabeth Oliver	F	37	New York	NY	346	10:04	00:31:17.14	250	8:36	00:26:44.33	9:20	00:58:01.47
296	111/252	15/29	89	Suzanne Corrie Del-Cid	F	58	New Hyde Park	NY	287	9:29	00:29:29.02	310	9:11	00:28:34.20	9:20	00:58:03.23
297	186/278	24/36	489	Keith Wagner	M	52	Manorville	NY	300	9:41	00:30:06.80	291	9:00	00:28:00.55	9:21	00:58:07.35
298	112/252	15/30	478	Kathy Terry	F	54	Northport	NY	312	9:45	00:30:18.35	285	8:57	00:27:50.37	9:21	00:58:08.73
299	113/252	14/19	333	Catherine Mcloughlin	F	44	Lindenhurst	NY	297	9:38	00:29:56.60	304	9:07	00:28:19.62	9:22	00:58:16.23
300	187/278	3/12	253	Hubert Keen	M	74	Garden City	NY	296	9:37	00:29:55.35	305	9:07	00:28:21.13	9:22	00:58:16.48
301	114/252	19/39	27	Doris Berland	F	49	Syosset	NY	308	9:43	00:30:12.89	297	9:03	00:28:07.28	9:23	00:58:20.18
302	188/278	23/30	279	Timothy Lai	M	55	Bethpage	NY	338	10:01	00:31:08.82	261	8:45	00:27:12.58	9:23	00:58:21.40
303	115/252	20/39	72	Hui Chen	F	47	Syosset	NY	288	9:32	00:29:39.85	321	9:15	00:28:46.02	9:24	00:58:25.87
304	116/252	14/24	439	Kelly Short	F	29	Hicksville	NY	291	9:34	00:29:44.43	320	9:14	00:28:43.27	9:24	00:58:27.71
305	117/252	2/8	528	Patti Drake	F	67	Lynbrook	NY	299	9:40	00:30:02.52	308	9:09	00:28:28.21	9:24	00:58:30.73
306	189/278	25/36	40	David Brenner	M	51	Plainview	NY	302	9:41	00:30:06.81	307	9:09	00:28:26.17	9:25	00:58:32.98
307	190/278	13/17	357	Joshua Nazarieh	M	36	Melville	NY	310	9:44	00:30:15.96	303	9:06	00:28:18.01	9:25	00:58:33.98
308	191/278	18/31	488	Anthony Vlachos	M	61	Huntington Station	NY	315	9:46	00:30:23.14	299	9:04	00:28:12.48	9:25	00:58:35.62
309	118/252	16/30	470	Irene Sullivan	F	50	Wantagh	NY	303	9:41	00:30:07.41	309	9:10	00:28:30.06	9:26	00:58:37.47
310	192/278	26/36	387	Mark Plotkin	M	54	Plainview	NY	318	9:48	00:30:27.10	300	9:04	00:28:13.20	9:26	00:58:40.30
311	193/278	14/17	501	Harris Wiener	M	36	Plainview	NY	340	10:01	00:31:09.83	276	8:51	00:27:32.68	9:26	00:58:42.51
312	194/278	8/21	290	Gerard Lester	M	55	Plainview	NY	323	9:49	00:30:31.60	301	9:05	00:28:14.37	9:27	00:58:45.98
313	195/278	19/31	551	Robert Elsener	M	64	East Northport	NY	290	9:33	00:29:42.82	327	9:21	00:29:04.37	9:27	00:58:47.19
314	196/278	4/12	241	Barry Jerson	M	71	Plainview	NY	311	9:44	00:30:17.00	316	9:13	00:28:38.53	9:28	00:58:55.53
315	119/252	15/24	574	Kris Lewis	F	29	Bloomsbury	NJ	332	9:58	00:30:58.36	288	8:59	00:27:57.37	9:28	00:58:55.73
316	197/278	27/36	251	Jason Katz	M	52	Plainview	NY	314	9:46	00:30:23.14	312	9:12	00:28:35.44	9:29	00:58:58.58
317	198/278	10/15	548	George Lira	M	69	Southampton	NY	301	9:41	00:30:06.81	325	9:18	00:28:55.16	9:29	00:59:01.97
318	120/252	12/24	447	Lauren Smith	F	37	Farmingdale	NY	306	9:42	00:30:09.84	324	9:17	00:28:53.38	9:30	00:59:03.23
319	121/252	13/24	341	Fiona Miles-Mason	F	38	Levittown	NY	335	9:59	00:31:03.33	293	9:01	00:28:01.35	9:30	00:59:04.68
320	199/278	9/21	62	Armando Canal	M	52	Levittown	NY	320	9:48	00:30:28.85	317	9:13	00:28:39.48	9:31	00:59:08.34
321	122/252	3/8	213	Janet Healy	F	66	Syosset	NY	324	9:50	00:30:34.25	315	9:13	00:28:38.47	9:31	00:59:12.73
322	200/278	11/15	4	Jim Abrams	M	65	Greenlawn	NY	305	9:42	00:30:08.82	329	9:22	00:29:08.40	9:32	00:59:17.23
323	201/278	5/12	344	Shawn Momtahan	M	70	Bay Shore	NY	304	9:41	00:30:07.60	335	9:24	00:29:14.12	9:33	00:59:21.73
324	202/278	12/15	223	Bob Hermesch	M	69	Croton On Hudson	NY	295	9:35	00:29:49.51	347	9:31	00:29:35.28	9:33	00:59:24.79

Aspire 10K Run

March 30, 2019

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10K

Place	Gender 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	123/252	16/24	338	Jaclyn Mienkiewicz	F	29	Plainview	NY	309	9:43	00:30:14.10	334	9:24	00:29:13.87	9:34	00:59:27.98
326	203/278	10/21	465	John Stauber	M	58	North Massapequa	NY	330	9:56	00:30:54.10	311	9:11	00:28:34.87	9:34	00:59:28.98
327	124/252	14/24	237	Heather Imbriani	F	37	Bethpage	NY	331	9:56	00:30:54.59	318	9:13	00:28:40.77	9:35	00:59:35.36
328	125/252	1/15	438	Jackie Shine	F	26	Ronkonkoma	NY	322	9:49	00:30:31.40	328	9:21	00:29:05.78	9:35	00:59:37.19
329	126/252	15/21	71	Sarah Cheek	F	33	Patchogue	NY	317	9:47	00:30:26.33	331	9:23	00:29:12.07	9:35	00:59:38.41
330	127/252	3/10	70	Melissa Cavaliere-Ng	F	48	East Northport	NY	316	9:47	00:30:25.33	337	9:25	00:29:17.35	9:36	00:59:42.68
331	128/252	15/24	390	Jacqueline Poulos	F	38	Huntington Station	NY	363	10:14	00:31:50.50	287	8:59	00:27:56.03	9:37	00:59:46.53
332	129/252	17/30	308	Theresa Malone	F	53	Long Beach	NY	351	10:05	00:31:21.43	313	9:12	00:28:35.79	9:38	00:59:57.23
333	204/278	21/22	456	Kyle Solomon	M	31	Southampton	NY	329	9:55	00:30:50.52	330	9:23	00:29:09.42	9:39	00:59:59.95
334	130/252	16/29	358	Eve Nebenhaus	F	58	Manhasset	NY	325	9:53	00:30:42.85	340	9:26	00:29:19.32	9:39	01:00:02.18
335	205/278	28/36	552	Vincent Corrado	M	52	Massapequa	NY	352	10:08	00:31:30.78	319	9:13	00:28:40.92	9:41	01:00:11.70
336	131/252	2/6	416	Lisa Sala	F	23	Massapequa Park	NY	384	10:32	00:32:45.55	275	8:51	00:27:32.42	9:42	01:00:17.98
337	132/252	21/39	7	Roseann Alamia	F	48	Seaford	NY	333	9:58	00:31:00.29	338	9:25	00:29:18.32	9:42	01:00:18.61
338	206/278	6/12	169	Richard Fulgieri	M	70	Bethpage	NY	344	10:03	00:31:14.50	333	9:24	00:29:13.22	9:43	01:00:27.72
339	133/252	22/39	273	Tara Krinsky	F	49	West Babylon	NY	343	10:02	00:31:12.47	336	9:25	00:29:15.46	9:43	01:00:27.93
340	134/252	5/16	518	Marianne Zacharia	F	64	East Northport	NY	349	10:05	00:31:20.37	341	9:26	00:29:19.55	9:45	01:00:39.92
341	135/252	23/39	107	Denise Dessibourg	F	47	North Babylon	NY	328	9:55	00:30:49.31	351	9:36	00:29:51.62	9:45	01:00:40.93
342	207/278	7/12	413	Vic Rossi	M	72	Hauppauge	NY	347	10:04	00:31:18.97	342	9:27	00:29:24.19	9:46	01:00:43.16
343	208/278	20/31	324	James Mcdougall	M	64	Ronkonkoma	NY	350	10:05	00:31:21.23	343	9:28	00:29:24.97	9:46	01:00:46.20
344	136/252	4/10	152	Sue Fitzpatrick	F	58	Dix Hills	NY	357	10:11	00:31:39.51	332	9:24	00:29:12.38	9:47	01:00:51.89
345	137/252	17/29	537	Rosemary Jones	F	57	Babylon	NY	348	10:04	00:31:19.18	346	9:30	00:29:33.74	9:47	01:00:52.92
346	138/252	16/24	204	Chrissie Haim	F	37	Locust Valley	NY	337	10:00	00:31:06.10	350	9:36	00:29:49.65	9:48	01:00:55.76
347	209/278	23/28	327	Ryan Mcgowan	M	47	Commack	NY	354	10:10	00:31:37.36	339	9:26	00:29:19.01	9:48	01:00:56.37
348	139/252	4/8	508	Gloria Withus	F	68	Brentwood	NY	334	9:59	00:31:01.71	354	9:38	00:29:58.01	9:48	01:00:59.73
349	140/252	17/24	337	Kristen Meyer	F	29	Massapequa	NY	307	9:42	00:30:11.06	368	9:55	00:30:49.57	9:49	01:01:00.63
350	210/278	29/36	395	Robert Rate	M	54	Selden	NY	319	9:48	00:30:28.57	363	9:49	00:30:32.65	9:49	01:01:01.23
351	141/252	24/39	406	Yolanda Roma Szymanski	F	49	Patchogue	NY	370	10:21	00:32:10.11	326	9:19	00:28:59.62	9:50	01:01:09.73
352	142/252	18/29	483	Brenda Tirsun	F	58	Port Washington	NY	342	10:02	00:31:11.25	356	9:39	00:29:59.72	9:50	01:01:10.98
353	211/278	22/22	389	Terry Porfyrus	M	33	Hicksville	NY	360	10:13	00:31:44.59	344	9:28	00:29:26.62	9:50	01:01:11.22
354	212/278	11/21	26	Roger Belz	M	52	Lk Ronkonkoma	NY	327	9:54	00:30:47.60	361	9:46	00:30:23.61	9:50	01:01:11.22
355	213/278	21/31	171	James Gallagher	M	64	Garden City	NY	339	10:01	00:31:09.61	357	9:40	00:30:03.85	9:51	01:01:13.46
356	143/252	17/24	216	Christina Heerkens	F	38	Williston Park	NY	341	10:01	00:31:10.04	358	9:44	00:30:16.81	9:53	01:01:26.85
357	144/252	19/29	266	Donna Kleiman	F	56	Syosset	NY	356	10:11	00:31:39.10	352	9:37	00:29:52.84	9:54	01:01:31.94
358	145/252	2/3	167	Maureen Frisone	F	70	New Hyde Park	NY	364	10:14	00:31:50.70	348	9:34	00:29:43.70	9:54	01:01:34.40
359	214/278	12/14	538	Taner Oztimurlenk	M	28	Islip	NY	321	9:49	00:30:30.35	380	10:01	00:31:08.71	9:55	01:01:39.07
360	215/278	22/31	541	Steven Lamel	M	61	Plainview	NY	336	10:00	00:31:04.96	365	9:50	00:30:34.72	9:55	01:01:39.68

Aspire 10K Run

March 30, 2019

Overall Results

10K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
361	146/252	6/16	2	Diane Abrams	F	61	Greenlawn	NY	362	10:13	00:31:45.82	353	9:38	00:29:57.40	9:55	01:01:43.23
362	147/252	18/30	399	Tara Rice	F	54	Long Beach	NY	377	10:26	00:32:25.43	345	9:28	00:29:27.41	9:57	01:01:52.85
363	148/252	18/24	276	Sarah La Rocco	F	36	Bellmore	NY	373	10:22	00:32:15.06	349	9:34	00:29:46.12	9:58	01:02:01.19
364	149/252	7/16	481	Vera Thompson	F	61	North Babylon	NY	359	10:12	00:31:43.86	360	9:46	00:30:22.61	9:59	01:02:06.47
365	216/278	18/21	373	Michael Papkowich	M	41	Plainview	NY	345	10:03	00:31:14.85	374	9:58	00:30:59.30	10:00	01:02:14.16
366	150/252	16/21	421	Jessica Santaniello	F	34	Astoria	NY	355	10:10	00:31:37.47	369	9:56	00:30:52.72	10:03	01:02:30.20
367	151/252	15/19	580	Bridget Nargentino	F	44	Plainview	NY	372	10:21	00:32:12.41	366	9:51	00:30:37.65	10:06	01:02:50.07
368	217/278	8/12	347	Glenn Morse	M	70	Massapequa	NY	353	10:10	00:31:36.25	381	10:03	00:31:15.64	10:06	01:02:51.89
369	218/278	24/30	392	Patrick Quinn	M	59	Syosset	NY	371	10:21	00:32:10.99	376	9:58	00:31:00.48	10:10	01:03:11.48
370	219/278	30/36	564	Frank Siblano	M	52	Bethpage	NY	385	10:33	00:32:46.86	362	9:48	00:30:27.34	10:10	01:03:14.20
371	152/252	3/6	316	Samantha Matos	F	23	New York	NY	361	10:13	00:31:45.82	395	10:09	00:31:34.40	10:11	01:03:20.23
372	153/252	25/39	186	Pamela Ginex	F	48	Syosset	NY	365	10:15	00:31:52.32	393	10:08	00:31:30.82	10:12	01:03:23.14
373	154/252	16/19	446	Laura Smith	F	41	Levittown	NY	399	10:40	00:33:09.93	359	9:45	00:30:17.86	10:12	01:03:27.80
374	220/278	19/21	569	Seth Denson	M	44	Old Bethpage	NY	379	10:28	00:32:32.72	373	9:57	00:30:57.08	10:13	01:03:29.81
375	221/278	25/30	577	Bill Niedfeld	M	59	Seaford	NY	381	10:31	00:32:40.86	375	9:58	00:31:00.32	10:14	01:03:41.18
376	155/252	5/10	270	Jacqui Koplik	F	52	Wantagh	NY	376	10:26	00:32:25.36	383	10:03	00:31:16.37	10:15	01:03:41.73
377	222/278	26/30	359	Harlan Nebenhaus	M	59	Manhasset	NY	369	10:21	00:32:09.58	397	10:10	00:31:37.65	10:15	01:03:47.23
378	223/278	31/36	493	Andrew Warsaw	M	51	Coram	NY	386	10:35	00:32:53.67	370	9:56	00:30:53.56	10:15	01:03:47.23
379	156/252	6/10	594	Rosie Bell	F	42	Oyster Bay	NY	374	10:25	00:32:23.11	387	10:07	00:31:26.59	10:16	01:03:49.70
380	224/278	24/28	415	Charlie Ruvola	M	47	Ronkonkoma	NY	378	10:26	00:32:27.85	386	10:06	00:31:25.30	10:16	01:03:53.16
381	157/252	26/39	407	Susan Roman	F	48	Baiting Hollow	NY	380	10:29	00:32:37.01	384	10:04	00:31:17.18	10:17	01:03:54.19
382	158/252	18/24	6	Danielle Ackman	F	27	Little Neck	NY	391	10:37	00:33:00.86	372	9:56	00:30:54.12	10:17	01:03:54.98
383	159/252	19/30	78	Kathleen Coletti	F	53	Huntington Station	NY	392	10:38	00:33:02.61	371	9:56	00:30:54.05	10:17	01:03:56.66
384	160/252	20/30	19	Diana Bass	F	50	Plainview	NY	375	10:26	00:32:25.02	394	10:09	00:31:33.67	10:17	01:03:58.69
385	161/252	7/10	411	Karen Rose	F	48	Glen Cove	NY	383	10:32	00:32:44.52	382	10:03	00:31:15.95	10:18	01:04:00.48
386	225/278	27/30	274	Larry Kurtzman	M	56	Plainview	NY	388	10:36	00:32:57.75	378	9:59	00:31:02.98	10:18	01:04:00.73
387	162/252	27/39	172	Joanne Gallego	F	46	Bethpage	NY	387	10:36	00:32:56.94	379	10:01	00:31:08.24	10:18	01:04:05.18
388	226/278	25/28	473	Joseph Suprenant	M	46	Nesconset	NY	382	10:31	00:32:42.90	389	10:07	00:31:27.55	10:19	01:04:10.45
389	163/252	17/19	103	Arienne Deriggi	F	42	Greenlawn	NY	366	10:17	00:31:59.61	413	10:23	00:32:16.54	10:20	01:04:16.15
390	164/252	4/6	112	Kelsey Dillon	F	24	Deer Park	NY	403	10:43	00:33:18.61	377	9:58	00:31:00.58	10:21	01:04:19.19
391	227/278	9/9	201	Rich Gucciardo	M	61	Commack	NY	367	10:18	00:32:01.25	415	10:25	00:32:22.72	10:21	01:04:23.98
392	165/252	19/24	428	Filomena Scholl	F	36	Massapequa	NY	412	10:52	00:33:46.31	367	9:52	00:30:39.80	10:22	01:04:26.11
393	166/252	28/39	486	Karen Trovato	F	47	Massapequa	NY	397	10:39	00:33:07.90	385	10:05	00:31:22.08	10:22	01:04:29.98
394	167/252	21/30	422	Harriet Sauer	F	53	Central Islip	NY	418	10:56	00:34:00.93	364	9:50	00:30:34.52	10:23	01:04:35.45
395	168/252	8/16	410	Barbara Ronzetti	F	61	East Northport	NY	389	10:36	00:32:58.96	398	10:11	00:31:38.51	10:23	01:04:37.48
396	228/278	1/4	549	Wilson Vargas	M	81	Richmond Hill	NY	368	10:20	00:32:07.86	420	10:27	00:32:31.03	10:24	01:04:38.89

Aspire 10K Run

March 30, 2019

Overall Results

10K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
397	169/252	2/15	285	Kristin Leicht	F	39	East Meadow	NY	404	10:43	00:33:19.86	388	10:07	00:31:26.75	10:25	01:04:46.61
398	170/252	3/15	61	Krista Calvanese	F	37	Hauppauge	NY	358	10:12	00:31:42.56	434	10:39	00:33:05.89	10:25	01:04:48.45
399	229/278	9/12	81	Steve Conroy	M	74	Manhasset	NY	390	10:37	00:33:00.36	407	10:15	00:31:53.76	10:26	01:04:54.13
400	171/252	20/29	224	Kathleen Herold	F	59	Northport	NY	395	10:39	00:33:06.47	402	10:14	00:31:49.51	10:26	01:04:55.98
401	230/278	26/28	591	David Holland	M	48	Old Bethpage	NY	401	10:40	00:33:11.35	401	10:13	00:31:45.46	10:27	01:04:56.81
402	231/278	23/31	94	Bill Crispino	M	60	Freeport	NY	440	11:15	00:34:57.39	355	9:39	00:29:59.58	10:27	01:04:56.98
403	172/252	5/6	128	Taylor Eastwell	F	21	Farmingdale	NY	396	10:39	00:33:07.86	403	10:14	00:31:49.75	10:27	01:04:57.62
404	232/278	13/15	192	Ehud Golos	M	68	East Hills	NY	394	10:39	00:33:05.66	408	10:15	00:31:53.78	10:27	01:04:59.45
405	173/252	19/24	546	Courtney Olton	F	29	Massapequa	NY	408	10:46	00:33:28.44	399	10:11	00:31:41.22	10:29	01:05:09.66
406	233/278	15/17	499	Nicholas West	M	39	Bethpage	NY	402	10:41	00:33:14.19	410	10:16	00:31:55.79	10:29	01:05:09.98
407	234/278	2/3	527	John Wallace	M	78	Melville	NY	405	10:45	00:33:24.99	404	10:15	00:31:50.97	10:30	01:05:15.96
408	174/252	4/15	75	Catherine Clancy-Dumont	F	43	Wantagh	NY	415	10:54	00:33:52.00	391	10:08	00:31:29.62	10:31	01:05:21.63
409	235/278	27/28	545	Joel Fagin	M	49	Woodbury	NY	409	10:46	00:33:29.46	409	10:16	00:31:54.76	10:31	01:05:24.23
410	175/252	20/24	155	Amanda Foss	F	35	Levittown	NY	413	10:52	00:33:47.54	400	10:12	00:31:41.58	10:32	01:05:29.12
411	176/252	17/21	469	Laura Suchopar	F	31	Hauppauge	NY	393	10:38	00:33:04.61	419	10:27	00:32:28.57	10:32	01:05:33.18
412	177/252	8/10	328	Kim McGreevey	F	49	Nesconset	NY	421	10:58	00:34:06.41	396	10:09	00:31:34.50	10:34	01:05:40.92
413	236/278	28/30	435	Robert Shaller	M	57	Little Neck	NY	414	10:53	00:33:50.36	405	10:15	00:31:51.15	10:34	01:05:41.52
414	178/252	5/15	91	Christine Coryell	F	37	Bellmore	NY	426	11:01	00:34:13.86	390	10:07	00:31:28.62	10:34	01:05:42.48
415	179/252	6/15	420	Danie Sanders	F	50	East Meadow	NY	425	11:01	00:34:13.74	392	10:08	00:31:30.61	10:34	01:05:44.35
416	180/252	29/39	215	Erika Hecker	F	46	Plainview	NY	398	10:40	00:33:09.73	423	10:29	00:32:35.99	10:34	01:05:45.73
417	237/278	32/36	515	Kyun Yi	M	51	Franklin Lakes	NJ	406	10:45	00:33:26.86	421	10:28	00:32:31.30	10:36	01:05:58.16
418	238/278	12/21	267	Russell Klein	M	45	Plainview	NY	400	10:40	00:33:10.35	428	10:34	00:32:51.86	10:37	01:06:02.21
419	181/252	21/29	502	Trisha Wiertz	F	56	Levittown	NY	428	11:02	00:34:19.01	412	10:18	00:32:00.46	10:40	01:06:19.47
420	239/278	33/36	282	Kyung Lee	M	51	Rivervale	NJ	407	10:45	00:33:27.02	429	10:35	00:32:54.27	10:40	01:06:21.29
421	182/252	7/15	532	Jeanna Lambert	F	42	Hicksville	NY	424	10:59	00:34:09.36	414	10:24	00:32:20.05	10:42	01:06:29.41
422	183/252	21/24	114	Pamela Dippel	F	36	Levittown	NY	419	10:57	00:34:02.56	418	10:26	00:32:28.08	10:42	01:06:30.64
423	184/252	30/39	21	Stephanie Becker	F	47	Port Jefferson Station	NY	431	11:04	00:34:24.86	416	10:26	00:32:25.24	10:45	01:06:50.10
424	240/278	24/31	586	Chris Nolan	M	63	Baldwin	NY	437	11:12	00:34:50.62	411	10:17	00:31:59.86	10:45	01:06:50.48
425	185/252	22/29	64	Regina Cardaci	F	56	Whitestone	NY	422	10:59	00:34:08.05	426	10:32	00:32:44.28	10:45	01:06:52.33
426	186/252	23/29	161	Laurel Frankel	F	56	Whitestone	NY	423	10:59	00:34:08.05	427	10:32	00:32:44.43	10:45	01:06:52.48
427	187/252	9/16	329	Pat Mckay	F	63	Farmingdale	NY	430	11:03	00:34:22.47	422	10:28	00:32:33.11	10:46	01:06:55.58
428	241/278	13/14	440	Kyle Silverstein	M	27	Northport	NY	416	10:54	00:33:54.36	433	10:38	00:33:03.26	10:46	01:06:57.63
429	188/252	8/15	17	Caroline Barry	F	54	Port Washington	NY	433	11:07	00:34:33.36	417	10:26	00:32:27.32	10:47	01:07:00.69
430	189/252	9/15	117	Leslie Dolan	F	54	Islip Terrace	NY	417	10:55	00:33:56.07	436	10:41	00:33:11.91	10:48	01:07:07.98
431	242/278	13/21	372	Chris Paladino	M	52	Seaford	NY	411	10:51	00:33:43.67	438	10:45	00:33:26.74	10:48	01:07:10.41
432	190/252	5/8	301	Lynn Lopez	F	69	Medford	NY	449	11:24	00:35:27.28	406	10:15	00:31:53.45	10:50	01:07:20.73

Aspire 10K Run

March 30, 2019

Overall Results

10K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
433	191/252	6/6	37	Caitlin Breivogel	F	22	Bellmore	NY	410	10:50	00:33:40.61	445	10:57	00:34:04.33	10:54	01:07:44.94
434	192/252	31/39	220	Marie Heppner	F	47	Floral Park	NY	427	11:01	00:34:14.55	439	10:48	00:33:34.64	10:54	01:07:49.20
435	193/252	10/16	495	Pamela Weess	F	60	Great Neck	NY	445	11:21	00:35:16.49	424	10:29	00:32:36.14	10:55	01:07:52.64
436	194/252	20/24	196	Erin Greene	F	25	Dix Hills	NY	443	11:20	00:35:14.27	425	10:30	00:32:40.39	10:55	01:07:54.66
437	243/278	16/17	160	Joshua Frank	M	37	Merrick	NY	436	11:12	00:34:49.28	435	10:40	00:33:09.20	10:56	01:07:58.48
438	195/252	18/19	59	Isabel Cabales	F	42	Smithtown	NY	441	11:16	00:35:00.66	430	10:36	00:32:58.08	10:56	01:07:58.74
439	244/278	25/31	432	Thomas Scollo	M	61	Massapequa	NY	444	11:21	00:35:16.09	431	10:36	00:32:58.88	10:58	01:08:14.98
440	196/252	32/39	434	Ami Shah	F	45	Roslyn	NY	447	11:21	00:35:18.86	432	10:38	00:33:03.03	11:00	01:08:21.90
441	245/278	34/36	264	Jay Kirshner	M	52	Roslyn Heights	NY	435	11:11	00:34:47.11	440	10:48	00:33:34.98	11:00	01:08:22.10
442	246/278	14/21	572	Dennis Dowling	M	65	Baldwin	NY	438	11:13	00:34:51.30	442	10:51	00:33:45.59	11:02	01:08:36.90
443	247/278	26/31	138	Mark Gelbien	M	62	Plainview	NY	429	11:03	00:34:22.07	454	11:04	00:34:25.59	11:04	01:08:47.66
444	197/252	2/2	382	Alexis Perullo	F	14	Levittown	NY	420	10:57	00:34:02.76	461	11:15	00:35:00.17	11:06	01:09:02.93
445	248/278	29/30	48	James Brooks	M	55	Plainview	NY	434	11:07	00:34:34.61	455	11:05	00:34:28.52	11:06	01:09:03.14
446	249/278	27/31	294	Paul Liebler	M	63	Albertson	NY	439	11:14	00:34:55.78	451	11:03	00:34:22.37	11:09	01:09:18.16
447	198/252	33/39	487	Deanna Verbouwens	F	48	Bethpage	NY	456	11:36	00:36:04.63	441	10:51	00:33:44.15	11:14	01:09:48.78
448	199/252	22/30	494	Susan Warsaw	F	52	Coram	NY	451	11:27	00:35:34.86	450	11:03	00:34:21.82	11:15	01:09:56.69
449	200/252	23/30	340	Frances Miles	F	52	East Northport	NY	463	11:48	00:36:42.23	437	10:44	00:33:22.50	11:16	01:10:04.73
450	201/252	24/30	258	Dawn Khan	F	50	Lindenhurst	NY	459	11:39	00:36:13.12	443	10:54	00:33:52.86	11:16	01:10:05.98
451	250/278	35/36	259	Tariq Khan	M	50	Lindenhurst	NY	458	11:39	00:36:13.12	444	10:54	00:33:52.93	11:16	01:10:06.05
452	202/252	18/21	90	Jacquelyne Cortel	F	32	Babylon	NY	457	11:37	00:36:06.26	446	10:58	00:34:05.27	11:17	01:10:11.53
453	251/278	20/21	430	Scott Schwartz	M	43	Plainview	NY	448	11:23	00:35:25.05	460	11:13	00:34:53.38	11:18	01:10:18.43
454	252/278	21/21	277	Peter Labarca	M	43	Hicksville	NY	432	11:06	00:34:30.20	474	11:33	00:35:53.72	11:19	01:10:23.92
455	253/278	15/21	113	Michael Dillon	M	61	Deer Park	NY	446	11:21	00:35:18.73	469	11:23	00:35:24.07	11:22	01:10:42.80
456	203/252	25/30	587	Jacqueline Fagan	F	52	Long Beach	NY	464	11:49	00:36:43.24	449	11:00	00:34:10.92	11:24	01:10:54.17
457	204/252	22/24	459	Kathleen Sparacin	F	36	Holbrook	NY	450	11:26	00:35:32.55	468	11:22	00:35:21.93	11:24	01:10:54.48
458	205/252	11/16	269	Joanne Kong	F	60	West Babylon	NY	452	11:32	00:35:52.65	462	11:17	00:35:04.58	11:25	01:10:57.23
459	206/252	26/30	38	Carolyn Breivogel	F	53	Bellmore	NY	462	11:46	00:36:35.87	453	11:04	00:34:24.96	11:25	01:11:00.83
460	207/252	23/24	451	Heather Softy	F	36	Bethpage	NY	466	11:50	00:36:48.47	452	11:03	00:34:22.76	11:27	01:11:11.23
461	208/252	21/24	405	Kaitlin Roe	F	29	Smithtown	NY	454	11:34	00:35:58.73	465	11:21	00:35:16.13	11:27	01:11:14.87
462	209/252	22/24	218	Emily Heller	F	28	Commack	NY	453	11:33	00:35:54.87	467	11:22	00:35:20.11	11:27	01:11:14.98
463	254/278	16/21	505	David Williams	M	56	Melville	NY	460	11:45	00:36:30.62	457	11:11	00:34:47.06	11:28	01:11:17.68
464	210/252	12/16	142	Laurene Fagnoli	F	60	West Islip	NY	465	11:49	00:36:45.87	458	11:12	00:34:49.50	11:31	01:11:35.37
465	211/252	23/24	84	Ariana Constantine	F	28	Commack	NY	455	11:35	00:36:01.17	473	11:32	00:35:51.81	11:34	01:11:52.98
466	212/252	6/8	5	Rebekah Ackerman	F	68	Centereach	NY	470	11:58	00:37:12.37	456	11:11	00:34:46.36	11:34	01:11:58.73
467	255/278	14/14	51	Brandon Bruno	M	26	Shirley	NY	469	11:56	00:37:05.12	463	11:17	00:35:05.79	11:36	01:12:10.91
468	256/278	28/28	52	Eric Bruno	M	49	Shirley	NY	468	11:56	00:37:05.12	464	11:17	00:35:05.86	11:36	01:12:10.98

Aspire 10K Run

March 30, 2019

Overall Results

10K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
469	213/252	24/29	191	Amy Goldstein	F	59	Farmingdale	NY	461	11:45	00:36:30.87	475	11:33	00:35:55.25	11:39	01:12:26.12
470	257/278	30/30	525	Gerard Ruiz	M	59	Hicksville	NY	473	12:05	00:37:33.98	470	11:29	00:35:42.87	11:47	01:13:16.86
471	214/252	13/16	195	Deeann Grappone	F	64	Bethpage	NY	476	12:13	00:37:59.87	466	11:21	00:35:16.99	11:47	01:13:16.86
472	215/252	19/19	24	Jennifer Belliveau	F	41	Astoria	NY	490	12:37	00:39:14.05	448	10:58	00:34:06.19	11:48	01:13:20.24
473	216/252	10/15	516	Andrea Yorek	F	32	East Meadow	NY	491	12:37	00:39:14.25	447	10:58	00:34:06.07	11:48	01:13:20.32
474	217/252	11/15	530	Amanda Tomel	F	38	Melville	NY	481	12:24	00:38:33.84	459	11:13	00:34:51.33	11:48	01:13:25.18
475	218/252	25/29	427	Diane Schocken	F	56	Massapequa Park	NY	474	12:07	00:37:40.49	471	11:30	00:35:45.48	11:49	01:13:25.98
476	219/252	26/29	317	Virginia Maya	F	58	Plainview	NY	472	12:00	00:37:19.95	480	11:46	00:36:34.03	11:53	01:13:53.98
477	220/252	27/29	170	Lori Fuller	F	55	Roslyn Heights	NY	477	12:17	00:38:11.31	472	11:30	00:35:45.92	11:54	01:13:57.23
478	258/278	17/17	3	Jason Abrams	M	38	Islip	NY	442	11:20	00:35:13.26	496	12:30	00:38:52.22	11:55	01:14:05.48
479	221/252	7/8	66	Patricia Carroll	F	67	West Islip	NY	475	12:09	00:37:45.75	478	11:44	00:36:28.73	11:56	01:14:14.48
480	222/252	34/39	22	Lynn Bekerman	F	49	Syosset	NY	482	12:26	00:38:39.32	476	11:34	00:35:58.46	12:00	01:14:37.79
481	259/278	28/31	95	Jose Cruz	M	61	Hicksville	NY	467	11:54	00:36:59.85	488	12:07	00:37:41.80	12:01	01:14:41.65
482	223/252	28/29	292	Terri Lester	F	55	Plainview	NY	479	12:19	00:38:16.78	479	11:44	00:36:28.92	12:01	01:14:45.70
483	260/278	2/4	345	Carlos A Morales	M	84	Corona	NY	471	12:00	00:37:19.12	485	12:04	00:37:30.86	12:02	01:14:49.98
484	224/252	24/24	436	Jaclyn Sheehan	F	26	Old Bethpage	NY	478	12:18	00:38:15.98	482	11:55	00:37:03.00	12:07	01:15:18.98
485	225/252	9/10	248	Davina Kahen	F	24	Greenvale	NY	498	12:47	00:39:45.48	477	11:38	00:36:10.00	12:13	01:15:55.49
486	226/252	14/16	461	Linda Spisto	F	64	Wantagh	NY	486	12:31	00:38:54.58	486	12:04	00:37:32.38	12:18	01:16:26.96
487	227/252	27/30	127	Ellen Dunn	F	51	Massapequa	NY	485	12:31	00:38:54.37	487	12:05	00:37:32.78	12:18	01:16:27.16
488	228/252	15/16	56	Patricia Bush	F	64	East Islip	NY	484	12:28	00:38:45.37	490	12:10	00:37:48.86	12:19	01:16:34.23
489	229/252	28/30	397	Nancy Reagan	F	54	Bay Shore	NY	483	12:26	00:38:39.72	492	12:14	00:38:01.51	12:20	01:16:41.23
490	230/252	12/15	401	Pamala Ricotta	F	44	Bellmore	NY	493	12:40	00:39:21.33	483	12:03	00:37:27.90	12:21	01:16:49.23
491	231/252	35/39	88	Deanna Correia	F	48	Westbury	NY	494	12:40	00:39:21.54	484	12:03	00:37:28.69	12:21	01:16:50.23
492	232/252	29/30	534	Kristina Clancy	F	52	Plainview	NY	489	12:37	00:39:12.62	489	12:09	00:37:47.36	12:23	01:16:59.98
493	233/252	36/39	558	Elvire Daniels	F	47	Freeport	NY	500	12:58	00:40:18.79	481	11:53	00:36:56.11	12:25	01:17:14.90
494	234/252	1/1	100	Patricia Delaney	F	80	Bay Shore	NY	492	12:38	00:39:16.37	493	12:16	00:38:07.21	12:27	01:17:23.59
495	235/252	37/39	200	Renna Guadalupe	F	48	Commack	NY	487	12:32	00:38:58.02	495	12:29	00:38:49.91	12:31	01:17:47.94
496	261/278	14/15	504	Bob Williams	M	67	Smithtown	NY	488	12:33	00:38:59.84	497	12:33	00:39:02.64	12:33	01:18:02.48
497	262/278	17/21	98	Joseph Defrancisci	M	63	Bayside	NY	480	12:22	00:38:25.87	501	12:48	00:39:47.04	12:35	01:18:12.91
498	263/278	18/21	450	Doug Softy	M	63	Bethpage	NY	495	12:40	00:39:23.36	499	12:44	00:39:36.20	12:42	01:18:59.56
499	264/278	29/31	394	Kenneth Ramondino	M	64	Floral Park	NY	503	13:07	00:40:47.12	494	12:24	00:38:33.11	12:46	01:19:20.24
500	236/252	29/29	454	Manal Soliman	F	58	Oakdale	NY	496	12:47	00:39:43.87	502	12:52	00:40:00.12	12:49	01:19:43.99
501	237/252	38/39	278	Truc Labarca	F	46	Hicksville	NY	497	12:47	00:39:44.62	503	12:55	00:40:10.86	12:51	01:19:55.49
502	238/252	19/21	452	Laura Softy	F	34	Bethpage	NY	501	13:01	00:40:27.87	500	12:46	00:39:40.91	12:53	01:20:08.79
503	239/252	13/15	471	Laura Sullivan	F	46	Merrick	NY	509	13:47	00:42:50.14	491	12:11	00:37:54.16	12:59	01:20:44.30
504	240/252	2/2	83	Julianna Consalazio	F	19	Northport	NY	510	13:47	00:42:50.98	498	12:43	00:39:31.70	13:15	01:22:22.68

Aspire 10K Run

March 30, 2019

Overall Results

10K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
505	241/252	16/16	134	Jo Ellen Elsener	F	61	Deer Park	NY	499	12:57	00:40:15.12	511	13:35	00:42:14.61	13:16	01:22:29.74
506	265/278	19/21	298	Bill Lofmark	M	60	Ronkonkoma	NY	506	13:40	00:42:29.29	504	13:02	00:40:29.92	13:21	01:22:59.21
507	266/278	36/36	246	John Juettner	M	54	Glen Head	NY	502	13:03	00:40:35.37	514	13:49	00:42:56.68	13:26	01:23:32.06
508	267/278	30/31	521	John Zenkewich	M	62	Valley Stream	NY	507	13:43	00:42:38.82	508	13:25	00:41:41.92	13:34	01:24:20.74
509	268/278	10/12	239	James Israel	M	74	Brooklyn	NY	508	13:46	00:42:48.96	510	13:31	00:42:01.00	13:39	01:24:49.96
510	242/252	20/21	221	Megan Herbold	F	30	Lindenhurst	NY	505	13:34	00:42:12.13	513	13:44	00:42:40.48	13:39	01:24:52.61
511	243/252	24/24	402	Vicky Rienzie	F	39	Mineola	NY	511	14:01	00:43:33.02	509	13:27	00:41:47.61	13:44	01:25:20.63
512	269/278	31/31	182	Steve Gerson	M	61	East Meadow	NY	513	14:09	00:44:00.88	506	13:20	00:41:25.61	13:44	01:25:26.49
513	270/278	15/15	379	Domingo Perez	M	67	Corona	NY	514	14:10	00:44:01.82	505	13:19	00:41:24.67	13:44	01:25:26.49
514	271/278	20/21	268	Robert Koenig	M	56	Levittown	NY	512	14:09	00:44:00.81	507	13:21	00:41:29.99	13:45	01:25:30.81
515	244/252	21/21	219	Joanne Hendrickson	F	34	Cedarhurst	NY	504	13:17	00:41:17.87	517	14:19	00:44:31.37	13:48	01:25:49.24
516	245/252	10/10	468	Amanda Strong	F	35	Patchogue	NY	515	14:16	00:44:20.63	512	13:38	00:42:22.36	13:57	01:26:42.99
517	246/252	14/15	65	Brooke Carpenter	F	44	Copiague	NY	516	14:23	00:44:44.28	516	14:08	00:43:55.96	14:16	01:28:40.24
518	272/278	11/12	206	Wayne Hall Sr	M	72	Hempstead	NY	519	14:51	00:46:08.38	515	14:07	00:43:54.35	14:29	01:30:02.74
519	273/278	21/21	544	Steven Millon	M	59	East Meadow	NY	517	14:43	00:45:43.71	518	14:20	00:44:32.73	14:31	01:30:16.45
520	247/252	30/30	363	Judi Nichols	F	52	Plainview	NY	518	14:43	00:45:45.89	519	14:23	00:44:42.35	14:33	01:30:28.24
521	248/252	39/39	16	Patricia Barrere	F	49	Lynbrook	NY							14:42	01:31:26.46
522	249/252	15/15	441	Virginia Silvestro	F	41	Levittown	NY	520	14:58	00:46:30.13	521	14:27	00:44:56.74	14:42	01:31:26.88
523	274/278	3/3	31	Richard Bockstein	M	76	Wantagh	NY	521	15:07	00:46:58.25	520	14:24	00:44:45.24	14:45	01:31:43.49
524	250/252	1/1	150	Alexandra Finger	F	85	Pearl River	NY	525	17:01	00:52:53.32	523	17:07	00:53:12.17	17:04	01:46:05.49
525	251/252	3/3	25	Sherry Bellovin	F	72	N. Massapequa	NY	523	16:51	00:52:23.87	524	17:17	00:53:44.31	17:04	01:46:08.18
526	275/278	3/4	225	Norman Hershkowitz	M	80	North Massapequa	NY	526	17:24	00:54:04.34	522	16:45	00:52:04.87	17:04	01:46:09.21
527	252/252	8/8	442	Linda Simon	F	65	Jericho	NY	522	16:50	00:52:19.61	527	18:04	00:56:08.13	17:27	01:48:27.75
528	276/278	4/4	312	Frank Martin	M	84	West Bay Shore	NY	524	16:59	00:52:48.64	528	18:20	00:56:58.03	17:39	01:49:46.67
529	277/278	1/1	257	Howard Kestenbaum	M	87	Plainview	NY	527	18:00	00:55:57.78	525	17:38	00:54:47.39	17:49	01:50:45.17
530	278/278	12/12	252	John Kaufmann	M	70	Farmingdale	NY	528	18:16	00:56:47.08	526	17:55	00:55:41.16	18:05	01:52:28.25