Female


# Caumsett Park 50K Championship and GLIRC 25K Run 

 50K Non-ChampionshipMale


# Caumsett Park 50K Championship and GLIRC 25K Run 

 50K Non-Championship Overall ResultsMarch 3, 2019

Male

| Place | overall Plc/Total | $\begin{gathered} \text { Div } \\ \text { Plc/Total } \end{gathered}$ | No. | Name |  |  | S A | Age | City | St. | Laps | Ave Lap Time | Time |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 12 | 14/52 | 3/8 | 24 | Cleomar Gomes Da Silva |  |  | M | 47 | Uberlandia |  | 10 | 00:27:53.25 | 04:38:52.52 |  |
|  | Lap 1 to 4 | 00:27:38.37 | 8:53 | 24 | 00:26:53.52 | 8:39 |  | 20 | 00:26:24.78 | 8:30 | 18 | 00:26:13.34 | 8:26 | 17 |
|  | Lap 5 to 8 | 00:26:33.68 | 8:32 | 15 | 00:27:36.01 | 8:52 |  | 16 | 00:27:49.97 | 8:57 | 12 | 00:29:10.05 | 9:23 | 12 |
|  | Lap 9 \& 10 | 00:29:46.75 | 9:35 | 8 | 00:30:46.03 | 9:54 |  | 15 |  |  |  |  |  |  |
| 13 | 15/52 | 4/4 | 3 | Frank Auletti |  |  | M | 28 | Deer Park | NY | 10 | 00:28:35.00 | 04:45:50.03 |  |
|  | Lap 1 to 4 | 00:26:03.51 | 8:23 | 14 | 00:28:14.38 | 9:05 |  | 27 | 00:26:30.74 | 8:31 | 19 | 00:26:09.78 | 8:25 | 16 |
|  | Lap 5 to 8 | 00:26:44.47 | 8:36 | 17 | 00:27:44.82 | 8:55 |  | 18 | 00:29:06.23 | 9:22 | 14 | 00:32:24.02 | 10:25 | 21 |
|  | Lap 9 \& 10 | 00:33:45.78 | 10:52 | 20 | 00:29:06.29 | 9:22 |  | 8 |  |  |  |  |  |  |
| 14 | 17/52 | 3/6 | 41 | Tamas Nagy |  |  | M | 35 | Bayville | NY | 10 | 00:29:12.64 | 04:52:06.48 |  |
|  | Lap 1 to 4 | 00:26:45.73 | 8:36 | 19 | 00:25:31.34 | 8:12 |  | 12 | 00:25:26.41 | 8:11 | 13 | 00:25:15.94 | 8:07 | 12 |
|  | Lap 5 to 8 | 00:25:13.65 | 8:07 | 11 | 00:28:56.04 | 9:18 |  | 20 | 00:29:54.56 | 9:37 | 16 | 00:32:01.55 | 10:18 | 20 |
|  | Lap 9 \& 10 | 00:34:43.86 | 11:10 | 22 | 00:38:17.38 | 12:19 |  | 32 |  |  |  |  |  |  |
| 15 | 18/52 | 4/8 | 50 | Gregory Roslonowski |  |  | M 4 |  | Bellerose | NY | 10 | 00:29:34.46 | 04:55:44.66 |  |
|  | Lap 1 to 4 | 00:26:49.41 | 8:37 | 21 | 00:26:54.55 | 8:39 |  | 21 | 00:29:11.44 | 9:23 | 27 | 00:27:41.76 | 8:54 | 23 |
|  | Lap 5 to 8 | 00:28:02.27 | 9:01 | 20 | 00:30:36.01 | 9:50 |  | 24 | 00:30:45.01 | 9:53 | 18 | 00:31:08.40 | 10:01 | 17 |
|  | Lap 9 \& 10 | 00:31:49.34 | 10:14 | 19 | 00:32:46.43 | 10:32 |  | 21 |  |  |  |  |  |  |
| 16 | 19/52 | 5/8 | 60 | Jason Rivas |  |  | M | 47 | Oakdale | NY | 10 | 00:29:39.10 | 04:56:31.07 |  |
|  | Lap 1 to 4 | 00:27:58.87 | 9:00 | 25 | 00:26:33.77 | 8:32 |  | 16 | 00:26:24.27 | 8:29 | 17 | 00:26:23.23 | 8:29 | 18 |
|  | Lap 5 to 8 | 00:26:24.17 | 8:29 | 14 | 00:27:13.21 | 8:45 |  | 14 | 00:30:43.83 | 9:53 | 17 | 00:32:47.67 | 10:33 | 23 |
|  | Lap 9 \& 10 | 00:35:14.95 | 11:20 | 23 | 00:36:47.08 | 11:50 |  | 30 |  |  |  |  |  |  |
| 17 | 20/52 | 2/5 | 32 | Mark Knott |  |  | M | 59 | Smithtown | NY | 10 | 00:29:39.42 | 04:56:34.24 |  |
|  | Lap 1 to 4 | 00:27:07.84 | 8:43 | 22 | 00:27:06.23 | 8:43 |  | 23 | 00:27:54.84 | 8:59 | 24 | 00:28:25.61 | 9:08 | 24 |
|  | Lap 5 to 8 | 00:28:44.63 | 9:15 | 23 | 00:31:51.68 | 10:15 |  | 28 | 00:30:56.11 | 9:57 | 19 | 00:31:38.04 | 10:10 | 19 |
|  | Lap 9 \& 10 | 00:31:47.38 | 10:13 | 18 | 00:31:01.86 | 9:59 |  | 17 |  |  |  |  |  |  |
| 18 | 23/52 | 3/5 | 34 | Liangchun Li |  |  | M | 55 | Morris Plains | NJ | 10 | 00:30:09.66 | 05:01:36.60 |  |
|  | Lap 1 to 4 | 00:26:46.95 | 8:37 | 20 | 00:26:34.67 | 8:33 |  | 17 | 00:26:00.65 | 8:22 | 15 | 00:25:55.84 | 8:20 | 15 |
|  | Lap 5 to 8 | 00:27:10.48 | 8:44 | 18 | 00:27:39.71 | 8:54 |  | 17 | 00:29:26.50 | 9:28 | 15 | 00:34:06.92 | 10:58 | 25 |
|  | Lap 9 \& 10 | 00:37:58.57 | 12:13 | 32 | 00:39:56.27 | 12:51 |  | 40 |  |  |  |  |  |  |
| 19 | 24/52 | 2/6 | 13 | Fran Curtis |  |  | M | 51 | Westminster | MA | 10 | 00:31:23.07 | 05:13:50.73 |  |
|  | Lap 1 to 4 | 00:28:32.30 | 9:11 | 28 | 00:28:31.28 | 9:10 |  | 28 | 00:30:41.97 | 9:52 | 32 | 00:31:33.84 | 10:09 | 36 |
|  | Lap 5 to 8 | 00:31:25.04 | 10:06 | 31 | 00:35:27.77 | 11:24 |  | 41 | 00:34:09.26 | 10:59 | 27 | 00:32:49.25 | 10:33 | 24 |
|  | Lap 9 \& 10 | 00:30:27.74 | 9:48 | 10 | 00:30:12.24 | 9:43 |  | 12 |  |  |  |  |  |  |
| 20 | 26/52 | 1/2 | 1 | John Abbate |  |  | M | 63 | Yorktown Heights | NY | 10 | 00:31:41.34 | 05:16:53.48 |  |
|  | Lap 1 to 4 | 00:26:44.30 | 8:36 | 18 | 00:26:52.96 | 8:39 |  | 19 | 00:26:54.39 | 8:39 | 20 | 00:26:53.77 | 8:39 | 21 |
|  | Lap 5 to 8 | 00:26:37.18 | 8:34 | 16 | 00:28:13.21 | 9:04 |  | 19 | 00:35:42.64 | 11:29 | 32 | 00:35:41.26 | 11:29 | 28 |
|  | Lap 9 \& 10 | 00:39:45.10 | 12:47 | 36 | 00:43:28.63 | 13:59 |  | 43 |  |  |  |  |  |  |
| 21 | 27/52 | 4/6 | 2 | Andrew Applebaum |  |  | M | 37 | Syosset | NY | 10 | 00:32:49.66 | 05:28:16.69 |  |
|  | Lap 1 to 4 | 00:28:54.62 | 9:18 | 31 | 00:30:44.24 | 9:53 |  | 39 | 00:31:04.50 | 10:00 | 33 | 00:32:05.57 | 10:19 | 37 |
|  | Lap 5 to 8 | 00:31:54.23 | 10:16 | 34 | 00:34:14.51 | 11:01 |  | 35 | 00:33:49.68 | 10:53 | 26 | 00:36:19.62 | 11:41 | 29 |
|  | Lap 9 \& 10 | 00:34:40.99 | 11:09 | 21 | 00:34:28.70 | 11:05 |  | 24 |  |  |  |  |  |  |
| 22 | 28/52 | 5/6 | 17 | Ibar Dinampo |  |  | M | 38 | Secaucus | NJ | 10 | 00:32:50.59 | 05:28:25.99 |  |
|  | Lap 1 to 4 | 00:31:42.61 | 10:12 | 43 | 00:30:29.49 | 9:48 |  | 38 | 00:30:35.49 | 9:50 | 31 | 00:31:16.60 | 10:03 | 35 |
|  | Lap 5 to 8 | 00:31:29.93 | 10:08 | 33 | 00:32:28.59 | 10:27 |  | 30 | 00:34:44.02 | 11:10 | 28 | 00:34:58.31 | 11:15 | 26 |
|  | Lap 9 \& 10 | 00:35:38.93 | 11:28 | 25 | 00:35:02.00 | 11:16 |  | 25 |  |  |  |  |  |  |

# Caumsett Park 50K Championship and GLIRC 25K Run 

 50K Non-ChampionshipMarch 3, 2019

Male


# Caumsett Park 50K Championship and GLIRC 25K Run 

 50K Non-ChampionshipOverall Results
March 3, 2019
Lap legend: (time, pace \& place)
Male

| Place | overall Plc/Total | $\begin{gathered} \hline \text { Div } \\ \text { Plc/Total } \end{gathered}$ | No. | Name |  |  |  | Age | City | St. | Laps | Ave Lap Time |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 34 | 44/52 | 3/4 | 23 | Christopher Gatto |  |  | M | 42 | East Setauket | NY | 10 | 00:36:22.86 | 06:03:48.61 |  |
|  | Lap 1 to 4 | 00:28:01.56 | 9:01 | 26 | 00:27:57.27 | 8:59 |  | 25 | 00:32:09.84 | 10:21 | 35 | 00:29:34.02 | 9:30 | 28 |
|  | Lap 5 to 8 | 00:31:12.26 | 10:02 | 29 | 00:35:18.72 | 11:21 |  | 40 | 00:40:03.56 | 12:53 | 42 | 00:44:09.75 | 14:12 | 47 |
|  | Lap 9 \& 10 | 00:46:44.68 | 15:02 | 47 | 00:48:36.93 | 15:38 |  | 47 |  |  |  |  |  |  |
| 35 | 45/52 | 1/2 | 4 | Glen Avery |  |  | M | 68 | Houghton | NY | 10 | 00:37:15.93 | 06:12:39.34 |  |
|  | Lap 1 to 4 | 00:35:29.64 | 11:25 | 49 | 00:31:42.90 | 10:12 |  | 40 | 00:36:04.03 | 11:36 | 49 | 00:33:27.85 | 10:46 | 41 |
|  | Lap 5 to 8 | 00:35:31.10 | 11:25 | 44 | 00:42:55.45 | 13:48 |  | 49 | 00:38:03.40 | 12:14 | 38 | 00:39:11.52 | 12:36 | 39 |
|  | Lap 9 \& 10 | 00:40:21.71 | 12:59 | 38 | 00:39:51.71 | 12:49 |  | 39 |  |  |  |  |  |  |
| 36 | 46/52 | 6/6 | 5 | Alger Balandra |  | M | M 50 |  | Belleville | NJ | 10 | 00:37:34.01 | 06:15:40.15 |  |
|  | Lap 1 to 4 | 00:31:48.62 | 10:14 | 44 | 00:34:05.11 | 10:58 |  | 49 | 00:34:53.92 | 11:13 | 46 | 00:37:35.29 | 12:05 | 50 |
|  | Lap 5 to 8 | 00:41:14.72 | 13:16 | 50 | 00:38:40.71 | 12:26 |  | 45 | 00:37:32.43 | 12:04 | 35 | 00:38:15.30 | 12:18 | 36 |
|  | Lap 9 \& 10 | 00:40:18.74 | 12:58 | 37 | 00:41:15.30 | 13:16 |  | 42 |  |  |  |  |  |  |
| 37 | 47/52 | 8/8 | 35 | Albert Lione |  |  | M 45 |  | Shelton | CT | 10 | 00:39:40.37 | 06:36:43.73 |  |
|  | Lap 1 to 4 | 00:30:42.30 | 9:52 | 38 | 00:32:29.28 | 10:27 |  | 44 | 00:32:41.34 | 10:31 | 39 | 00:35:23.78 | $11: 23$$15: 04$ | 47 |
|  | Lap 5 to 8 | 00:37:52.00 | 12:11 | 47 | 00:40:00.02 | 12:52 |  | 48 | 00:47:24.48 | 15:15 | 49 | 00:46:49.51 |  | 49 |
|  | Lap 9 \& 10 | 00:48:22.62 | 15:34 | 49 | 00:44:58.38 | 14:28 |  | 44 |  |  |  |  |  |  |
| 38 | 48/52 | 2/2 | 16 | Lee Dickey |  | M 65 |  |  | Danvers | MA | 10 | 00:41:01.87 | 06:50:18.71 |  |
|  | Lap 1 to 4 | 00:36:44.38 | 11:49 | 50 | 00:38:48.02 | 12:29 |  | 50 | 00:36:49.11 | 11:51 | 50 | 00:39:29.69 | 12:42 | 51 |
|  | Lap 5 to 8 | 00:39:03.02 | 12:34 | 48 | 00:39:08.76 | 12:35 |  | 46 | 00:41:36.25 | 13:23 | 47 | 00:44:07.52 | 14:12 | 46 |
|  | Lap 9 \& 10 | 00:43:08.18 | 13:53 | 44 | 00:51:23.76 | 16:32 |  | 49 |  |  |  |  |  |  |
| 39 | 49/52 | 2/2 | 12 | Trishul Cherns |  |  | M 61 |  | Middle Village | NY | 10 | 00:41:54.97 | 06:59:09.77 |  |
|  | Lap 1 to 4 | 00:39:04.26 | 12:34 | 51 | 00:39:10.54 | 12:36 |  | 51 | 00:36:51.63 | 11:51 | 51 | 00:39:31.26 | 12:43 | 52 |
|  | Lap 5 to 8 | 00:49:36.39 | 15:57 | 52 | 00:47:06.01 | 15:09 |  | 51 | 00:45:13.61 | 14:33 | 48 | 00:41:55.27 | 13:29 | 44 |
|  | Lap 9 \& 10 | 00:41:44.01 | 13:25 | 41 | 00:38:56.76 | 12:32 | 36 |  |  |  |  |  |  |  |
| 40 | 50/52 | 4/4 | 62 | Michael Ruzeo |  |  | M 4 |  | Massapequa | NY | 8 | 00:44:49.71 | 05:58:37.71 |  |
|  | Lap 1 to 4 | 00:42:00.13 | 13:31 | 52 | 00:45:36.24 | 14:40 |  | 52 | 00:40:32.07 | 13:02 | 52 | 00:37:23.81 | 12:02 | 49 |
|  | Lap 5 to 8 | 00:42:13.62 | 13:35 | 51 | 00:46:34.86 | 14:59 |  | 50 | 00:57:56.49 | 18:38 | 50 | 00:46:20.47 |  | 48 |
|  | Lap 9 \& 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 41 | 51/52 | 1/1 | 61 | Henry Wang |  |  | M 3 | 34 | Flushing | NY | 6 | 00:22:01.57 | 02:12:09.45 |  |
|  | Lap 1 to 4 | 00:21:27.05 | 6:54 | 5 | 00:21:24.08 | 6:53 |  | 4 | 00:21:37.21 | 6:57 | 5 | 00:21:45.56 | 7:00 | 5 |
|  | Lap 5 to 8 | 00:22:30.77 | 7:14 | 5 | 00:23:24.76 | 7:32 |  | 5 |  |  |  |  |  |  |
|  | Lap 9 \& 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |

