

# Aspire 10K Run

April 1, 2017

## 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
1	1/270	1/1	141	Nick Filippazzo	M	24	Wantagh	NY	1	5:04	00:15:47.32	1	5:01	00:15:35.22	5:02	00:31:22.54
2	2/270	1/10	267	Sean Mahon	M	31	Merrick	NY	2	5:22	00:16:43.17	2	5:25	00:16:51.75	5:24	00:33:34.93
3	3/270	2/10	491	Mike Petrina	M	31	Bayport	NY	3	5:27	00:16:56.30	3	5:34	00:17:18.95	5:30	00:34:15.25
4	4/270	1/11	193	Michael Herbert	M	19	Smithtown	NY	4	5:29	00:17:03.79	4	5:40	00:17:36.60	5:34	00:34:40.39
5	5/270	1/7	239	Anton Korniev	M	24	Glen Head	NY	7	5:46	00:17:56.13	5	5:48	00:18:03.53	5:47	00:35:59.66
6	6/270	3/10	188	Chris Healy	M	31	Long Island City	NY	6	5:46	00:17:55.52	7	5:51	00:18:13.64	5:49	00:36:09.16
7	7/270	2/7	556	James Dachille	M	20	Merrick	NY	8	5:46	00:17:56.43	9	5:54	00:18:22.97	5:50	00:36:19.41
8	8/270	4/10	505	Ron Joseph	M	33	Rockaway Park	NY	9	5:47	00:17:58.56	8	5:54	00:18:22.70	5:51	00:36:21.26
9	9/270	5/10	234	Christopher Koegel	M	33	Malverne	NY	10	5:53	00:18:17.14	6	5:49	00:18:06.36	5:51	00:36:23.50
10	10/270	2/11	126	Alex Eletto	M	19	Stony Brook	NY	5	5:39	00:17:33.39	17	6:04	00:18:52.52	5:51	00:36:25.91
11	11/270	1/1	65	Boyd Carrington	M	44	West Islip	NY	11	5:53	00:18:17.17	11	5:59	00:18:35.70	5:56	00:36:52.87
12	12/270	1/36	318	Timothy Murphy	M	45	Ronkonkoma	NY	13	5:57	00:18:30.82	13	6:00	00:18:39.94	5:58	00:37:10.76
13	13/270	1/26	179	Keith Guilfoyle	M	50	Commack	NY	12	5:57	00:18:30.82	14	6:01	00:18:41.97	5:59	00:37:12.79
14	1/207	1/1	506	Betsy Eickelberg	F	25	Leonida	NJ	19	5:59	00:18:37.42	12	5:59	00:18:37.22	5:59	00:37:14.65
15	14/270	1/7	532	Tom Savarese	M	28	Dix Hills	NY	18	5:59	00:18:36.28	15	6:01	00:18:42.06	6:00	00:37:18.34
16	2/207	1/23	337	Annie Onishi	F	30	New York	NY	17	5:59	00:18:35.88	16	6:01	00:18:44.28	6:00	00:37:20.16
17	15/270	2/36	387	Todd Rowley	M	47	Huntington	NY	16	5:58	00:18:34.63	19	6:07	00:19:01.03	6:02	00:37:35.66
18	16/270	1/28	535	Travis Tate	M	40	Smithtown	NY	14	5:58	00:18:32.43	21	6:11	00:19:14.21	6:04	00:37:46.65
19	17/270	2/28	440	Mike Talles	M	40	Lindenhurst	NY	24	6:04	00:18:53.93	18	6:06	00:18:59.48	6:05	00:37:53.41
20	18/270	1/17	522	David Lopez-Merlos	M	38	East Northport	NY	20	6:03	00:18:49.90	20	6:09	00:19:06.76	6:06	00:37:56.66
21	19/270	6/10	600	Steven Cuomo	M	34	Shirley	NY	15	5:58	00:18:33.87	23	6:14	00:19:22.91	6:06	00:37:56.78
22	3/207	1/1	472	Heather Williams	F	41	Centerport	NY	22	6:04	00:18:52.68	22	6:11	00:19:15.23	6:08	00:38:07.91
23	4/207	2/23	529	Jen Dagan	F	33	Centereach	NY	21	6:04	00:18:51.00	26	6:22	00:19:47.58	6:13	00:38:38.58
24	20/270	1/33	365	Eddie Reagan	M	60	Levittown	NY	23	6:04	00:18:53.55	27	6:22	00:19:48.29	6:13	00:38:41.84
25	5/207	1/13	240	Victoria Kornieva-Robitaille	F	29	Amityville	NY	25	6:07	00:19:03.34	25	6:19	00:19:38.88	6:13	00:38:42.23
26	21/270	1/4	521	Thomas Fodor	M	14	Northport	NY	44	6:31	00:20:15.70	10	5:57	00:18:29.58	6:14	00:38:45.28
27	22/270	2/7	557	Glenn Stone	M	26	Brooklyn	NY	27	6:17	00:19:32.68	24	6:19	00:19:38.48	6:18	00:39:11.16
28	6/207	1/14	528	Lauren Dorsky	F	21	New York	NY	26	6:15	00:19:26.59	30	6:25	00:19:58.28	6:20	00:39:24.87
29	7/207	1/22	547	Lauren Jasinski	F	40	Cold Spring Harbor	NY	34	6:26	00:20:02.17	28	6:22	00:19:49.38	6:24	00:39:51.56
30	23/270	1/10	464	Chris Webber	M	65	Sayville	NY	32	6:25	00:19:57.51	31	6:25	00:19:58.44	6:25	00:39:55.95
31	24/270	3/11	494	Jake Meyers	M	16	Plainview	NY	42	6:29	00:20:09.25	29	6:24	00:19:55.01	6:26	00:40:04.26
32	25/270	3/7	305	Thomas Mihailin	M	21	East Northport	NY	30	6:25	00:19:56.79	32	6:29	00:20:10.32	6:27	00:40:07.11
33	26/270	3/28	363	Jason Ramirez	M	43	Wantagh	NY	40	6:27	00:20:04.99	34	6:30	00:20:11.87	6:28	00:40:16.87
34	27/270	1/44	408	Bill Schroeder	M	56	Garden City	NY	38	6:27	00:20:04.39	35	6:31	00:20:15.50	6:29	00:40:19.89
35	28/270	2/26	272	Shaun Mara	M	50	Northport	NY	43	6:29	00:20:10.68	33	6:29	00:20:11.64	6:29	00:40:22.33
36	29/270	3/36	456	Daniel Valderrama	M	46	Oyster Bay	NY	31	6:25	00:19:57.30	36	6:34	00:20:26.85	6:30	00:40:24.15

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									Place	Pace	Time	Place	Pace	Time	Pace	Time
37	30/270	2/44	25	Alan Baisch	M	55	Selden	NY	29	6:21	00:19:45.93	41	6:38	00:20:38.98	6:30	00:40:24.92
38	31/270	3/44	107	Michael Di Lisio	M	55	Shoreham	NY	36	6:27	00:20:03.21	38	6:35	00:20:27.67	6:31	00:40:30.88
39	32/270	1/9	120	John Dullaghan	M	40	East Northport	NY	41	6:28	00:20:06.41	37	6:34	00:20:27.10	6:31	00:40:33.51
40	8/207	3/23	289	Katie Mcgrath	F	32	Oakdale	NY	28	6:20	00:19:40.66	49	6:43	00:20:53.66	6:31	00:40:34.33
41	33/270	2/17	184	Trent Hampton	M	38	West Babylon	NY	37	6:27	00:20:03.58	40	6:38	00:20:37.68	6:32	00:40:41.26
42	34/270	4/44	94	Ned Daily	M	59	Garden City Park	NY	39	6:27	00:20:04.80	44	6:39	00:20:40.12	6:33	00:40:44.92
43	9/207	2/14	537	Rachel Staiano	F	24	East Meadow	NY	35	6:27	00:20:02.97	47	6:41	00:20:46.94	6:34	00:40:49.92
44	10/207	1/12	347	Kelly Perno-Grosser	F	36	Seaford	NY	45	6:32	00:20:19.65	42	6:38	00:20:39.02	6:35	00:40:58.67
45	35/270	4/7	294	John Mckeon	M	22	Massapequa	NY	33	6:26	00:20:01.93	52	6:45	00:20:59.41	6:36	00:41:01.34
46	36/270	4/28	451	Steven Toto	M	43	Hauppauge	NY	48	6:33	00:20:22.87	43	6:39	00:20:39.70	6:36	00:41:02.57
47	37/270	2/33	143	Bill Fisher	M	62	Levittown	NY	49	6:34	00:20:26.11	45	6:39	00:20:41.51	6:37	00:41:07.63
48	38/270	4/36	138	Michael Fernandez	M	48	Farmingdale	NY	46	6:32	00:20:20.66	48	6:42	00:20:51.02	6:37	00:41:11.68
49	39/270	3/26	549	John Parry	M	53	South Orange	NJ	52	6:37	00:20:36.43	39	6:37	00:20:36.23	6:37	00:41:12.67
50	40/270	5/28	461	Christopher Ward	M	40	East Northport	NY	51	6:37	00:20:35.85	46	6:39	00:20:42.06	6:38	00:41:17.92
51	11/207	2/12	526	Shari Klarfeld	F	36	Plainview	NY							6:39	00:41:23.13
52	41/270	6/28	533	John Jensen	M	40	East Northport	NY	50	6:37	00:20:35.64	51	6:45	00:20:59.00	6:41	00:41:34.65
53	42/270	7/28	75	Adam Cigliano	M	44	Merrick	NY	53	6:38	00:20:37.87	54	6:48	00:21:08.52	6:43	00:41:46.40
54	12/207	1/8	3	Kathryn Martin	F	65	Northport	NY	55	6:40	00:20:44.93	55	6:49	00:21:11.39	6:44	00:41:56.33
55	43/270	3/7	473	Ray Williams	M	25	Smithtown	NY	60	6:46	00:21:03.83	50	6:43	00:20:55.09	6:45	00:41:58.92
56	44/270	5/36	117	Ray Downes	M	46	Huntington	NY	54	6:40	00:20:44.43	60	6:54	00:21:28.49	6:47	00:42:12.92
57	45/270	5/44	437	Jeff Steinberg	M	55	Westbury	NY	47	6:32	00:20:20.89	70	7:03	00:21:56.98	6:48	00:42:17.87
58	13/207	1/27	52	Una Broderick	F	50	Wantagh	NY	56	6:46	00:21:01.62	57	6:51	00:21:19.28	6:48	00:42:20.90
59	14/207	2/22	98	Noni Degirmenci	F	43	Port Washington	NY	57	6:46	00:21:01.62	59	6:53	00:21:23.54	6:49	00:42:25.17
60	46/270	6/36	539	Jeffrey Votteler	M	45	Manorville	NY	64	6:47	00:21:07.10	56	6:51	00:21:18.35	6:49	00:42:25.45
61	47/270	2/10	489	Eric Zimmer	M	65	Saint James	NY	61	6:47	00:21:05.27	58	6:52	00:21:22.90	6:50	00:42:28.17
62	15/207	3/14	449	Maggie Tighe	F	24	Babylon	NY	59	6:46	00:21:03.18	62	6:55	00:21:29.49	6:50	00:42:32.67
63	48/270	8/28	567	Richard Diamond	M	41	Plainview	NY	71	6:53	00:21:25.55	53	6:47	00:21:07.30	6:50	00:42:32.85
64	49/270	4/26	342	Victor Pajonas	M	51	Seaford	NY	62	6:47	00:21:05.88	61	6:54	00:21:29.04	6:51	00:42:34.92
65	16/207	2/27	389	Barbara Russo	F	53	Sayville	NY	58	6:46	00:21:02.83	64	6:57	00:21:37.09	6:51	00:42:39.92
66	50/270	7/10	160	Joseph Gendy	M	30	New Hyde Park	NY	65	6:48	00:21:09.43	66	6:59	00:21:44.37	6:54	00:42:53.81
67	51/270	3/17	416	Sanjaya Senanayake	M	38	Great Neck	NY	68	6:52	00:21:21.44	63	6:56	00:21:34.39	6:54	00:42:55.83
68	52/270	4/17	125	Derrick Edwin	M	39	Lindenhurst	NY	66	6:49	00:21:10.95	69	7:01	00:21:48.92	6:55	00:42:59.88
69	53/270	7/36	80	Brian Cloherty	M	48	Roslyn Heights	NY	67	6:52	00:21:21.11	67	7:00	00:21:45.06	6:56	00:43:06.17
70	54/270	4/7	552	Rafael Medalla	M	27	Hicksville	NY	69	6:52	00:21:21.91	68	7:01	00:21:48.73	6:56	00:43:10.65
71	55/270	5/26	280	Bill Mazza	M	54	West Gilgo Beach	NY	63	6:47	00:21:05.88	71	7:07	00:22:08.43	6:57	00:43:14.32
72	17/207	4/14	146	Melanie Fiume	F	22	Plainview	NY	72	6:55	00:21:31.67	73	7:09	00:22:14.91	7:02	00:43:46.59

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									Place	Pace	Time	Place	Pace	Time	Pace	Time
73	18/207	3/22	504	Martha Delgado	F	40	Patchogue	NY	73	6:57	00:21:36.43	75	7:10	00:22:18.69	7:04	00:43:55.12
74	19/207	3/27	442	Nancy Tantone	F	52	West Islip	NY	70	6:53	00:21:24.13	82	7:15	00:22:33.63	7:04	00:43:57.77
75	56/270	3/33	460	Jon Wallach	M	60	Levittown	NY	74	7:00	00:21:46.88	72	7:09	00:22:14.26	7:05	00:44:01.15
76	57/270	9/28	164	Kevin Gill	M	44	Carle Place	NY	93	7:14	00:22:29.68	65	6:57	00:21:38.19	7:06	00:44:07.87
77	20/207	2/13	273	Maria Marascia	F	25	Huntington	NY	76	7:02	00:21:51.95	76	7:12	00:22:23.69	7:07	00:44:15.64
78	58/270	6/26	335	Mark Ogden	M	54	Selden	NY	77	7:02	00:21:52.75	77	7:13	00:22:27.36	7:08	00:44:20.11
79	59/270	7/26	558	Robert Freiburger	M	52	Huntington	NY	86	7:07	00:22:08.69	74	7:09	00:22:15.46	7:08	00:44:24.16
80	21/207	4/22	486	Nicolle Zeman	F	43	Miller Place	NY	78	7:02	00:21:53.69	81	7:14	00:22:30.48	7:08	00:44:24.18
81	60/270	8/36	147	Kevin Ford	M	48	Islip	NY	79	7:03	00:21:55.59	80	7:14	00:22:29.83	7:08	00:44:25.43
82	61/270	9/36	222	Ira Kaplan	M	47	East Meadow	NY	83	7:05	00:22:00.66	83	7:17	00:22:39.74	7:11	00:44:40.40
83	62/270	4/33	20	Jim Arnone	M	62	Westhampton	NY	80	7:04	00:21:57.42	87	7:20	00:22:48.45	7:12	00:44:45.87
84	22/207	3/12	295	Nicole Mcnamara	F	37	Smithtown	NY	82	7:04	00:22:00.46	89	7:21	00:22:52.92	7:13	00:44:53.39
85	63/270	8/26	152	Eric Friedman	M	51	Merrick	NY	87	7:07	00:22:09.69	86	7:20	00:22:47.49	7:14	00:44:57.18
86	64/270	4/11	304	Matt Migliozi	M	19	Glen Cove	NY	81	7:04	00:21:59.41	96	7:25	00:23:03.93	7:15	00:45:03.34
87	23/207	4/23	249	Triin Lawrence	F	30	Coram	NY	84	7:05	00:22:02.90	97	7:25	00:23:05.50	7:15	00:45:08.40
88	65/270	5/17	15	Sean Alexander	M	39	East Northport	NY	89	7:10	00:22:16.19	93	7:24	00:23:00.93	7:17	00:45:17.12
89	24/207	1/3	229	Kali Keyes	F	17	East Meadow	NY	75	7:02	00:21:51.94	112	7:33	00:23:27.99	7:17	00:45:19.93
90	66/270	5/33	190	Timothy Healy	M	61	Syosset	NY	85	7:07	00:22:08.36	102	7:28	00:23:12.20	7:17	00:45:20.56
91	67/270	10/36	507	Matthew Conroy	M	47	Melville	NY	88	7:08	00:22:12.61	98	7:26	00:23:08.55	7:17	00:45:21.16
92	25/207	4/12	399	Amanda Scanlan	F	37	Northport	NY	95	7:16	00:22:35.94	85	7:19	00:22:45.43	7:17	00:45:21.37
93	68/270	2/9	336	Ken Olson	M	47	Bethpage	NY	98	7:17	00:22:40.62	84	7:17	00:22:40.81	7:17	00:45:21.43
94	26/207	5/23	527	Kaitlyn Robinson-Jones	F	32	Huntington Station	NY	104	7:23	00:22:57.49	78	7:13	00:22:27.44	7:18	00:45:24.94
95	69/270	6/44	413	Karnik Seferian	M	59	Setauket	NY	105	7:23	00:22:57.98	79	7:13	00:22:27.95	7:18	00:45:25.93
96	70/270	3/9	79	John Clifford	M	55	Seaford	NY	94	7:16	00:22:35.44	88	7:21	00:22:51.99	7:18	00:45:27.43
97	71/270	10/28	541	Joseph Tloczkowski	M	40	Holbrook	NY	96	7:16	00:22:36.56	92	7:23	00:22:59.37	7:20	00:45:35.93
98	72/270	7/44	67	Michael Casale	M	56	Bellmore	NY	91	7:14	00:22:28.66	99	7:27	00:23:08.96	7:20	00:45:37.63
99	73/270	6/33	330	Frank Notarstefano	M	64	Seaford	NY	101	7:19	00:22:44.88	90	7:22	00:22:53.55	7:20	00:45:38.43
100	27/207	4/27	128	Monica Enright	F	54	Massapequa	NY	90	7:12	00:22:22.57	105	7:29	00:23:17.27	7:20	00:45:39.84
101	74/270	8/44	512	Lou Sparaco	M	58	Patchogue	NY	97	7:17	00:22:37.94	101	7:27	00:23:11.24	7:22	00:45:49.18
102	28/207	5/12	555	Trisha Sicurella	F	38	Holbrook	NY	99	7:18	00:22:43.87	103	7:28	00:23:12.62	7:23	00:45:56.49
103	29/207	6/23	479	Mable Wong	F	33	Greenlawn	NY	106	7:25	00:23:03.57	94	7:24	00:23:01.04	7:24	00:46:04.61
104	75/270	9/44	50	Scott Brennan	M	56	East Meadow	NY	114	7:26	00:23:07.82	91	7:23	00:22:56.86	7:24	00:46:04.68
105	76/270	8/10	103	Ryan Demeri	M	31	Massapequa Park	NY	102	7:20	00:22:49.77	115	7:34	00:23:30.89	7:27	00:46:20.66
106	77/270	10/44	194	William Herbert	M	57	Smithtown	NY	116	7:28	00:23:12.69	100	7:27	00:23:09.74	7:27	00:46:22.43
107	78/270	9/26	137	Frank Favilla	M	54	Bethpage	NY	109	7:26	00:23:06.80	104	7:29	00:23:17.10	7:28	00:46:23.91
108	79/270	11/36	493	Robert Trefcer	M	47	Bellmore	NY	107	7:25	00:23:04.18	111	7:32	00:23:26.75	7:29	00:46:30.94

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109	30/207	7/23	424	Kim Sims	F	34	Seaford	NY	119	7:28	00:23:14.93	108	7:31	00:23:24.26	7:30	00:46:39.19
110	31/207	1/20	520	Kathleen Callahan	F	49	Northport	NY	115	7:27	00:23:11.68	113	7:33	00:23:29.25	7:30	00:46:40.94
111	80/270	11/44	219	Daniel Joseph	M	59	Levittown	NY	118	7:28	00:23:13.19	114	7:33	00:23:29.59	7:31	00:46:42.78
112	81/270	5/7	360	Bradley Quinn	M	21	Syosset	NY	100	7:19	00:22:44.68	139	7:44	00:24:02.75	7:31	00:46:47.44
113	82/270	11/28	173	Shawn Grand	M	40	Oceanside	NY	117	7:28	00:23:12.84	119	7:35	00:23:34.67	7:31	00:46:47.51
114	32/207	6/12	102	Kelly Demeri	F	37	Massapequa Park	NY	112	7:26	00:23:07.41	123	7:38	00:23:43.09	7:32	00:46:50.51
115	33/207	5/22	12	Jennifer Adelberg	F	43	Saint James	NY	125	7:31	00:23:22.32	116	7:34	00:23:31.12	7:32	00:46:53.44
116	83/270	12/36	183	Paul Hammond	M	49	Merrick	NY	103	7:22	00:22:55.44	136	7:43	00:23:59.73	7:33	00:46:55.17
117	84/270	13/36	524	Hector Jaramillo	M	45	Baldwin	NY	121	7:29	00:23:17.44	122	7:37	00:23:39.97	7:33	00:46:57.41
118	85/270	10/26	139	Keith Ferrara	M	51	Farmingdale	NY	128	7:34	00:23:32.56	110	7:32	00:23:26.06	7:33	00:46:58.62
119	34/207	1/27	129	Tracey Epstein	F	56	Smithtown	NY	122	7:30	00:23:20.19	121	7:36	00:23:38.64	7:33	00:46:58.83
120	35/207	3/13	310	Courtney Molloy	F	28	Commack	NY	108	7:26	00:23:06.20	132	7:41	00:23:54.24	7:33	00:47:00.44
121	86/270	4/9	376	David Rockitter	M	54	Wantagh	NY	111	7:26	00:23:07.19	134	7:41	00:23:55.29	7:34	00:47:02.48
122	36/207	5/27	554	Karen Cotty	F	53	East Quogue	NY	110	7:26	00:23:06.80	135	7:42	00:23:57.63	7:34	00:47:04.44
123	87/270	6/17	118	David Drebsky	M	36	Plainview	NY	136	7:38	00:23:43.34	107	7:31	00:23:22.60	7:34	00:47:05.94
124	88/270	7/33	111	P J Diskin	M	61	Mineola	NY	124	7:30	00:23:20.94	128	7:40	00:23:49.25	7:35	00:47:10.19
125	89/270	11/26	163	Scott Gilbert	M	51	East Northport	NY	140	7:39	00:23:46.94	109	7:32	00:23:24.74	7:35	00:47:11.69
126	90/270	12/44	497	Peter Florey	M	58	Levittown	NY	126	7:32	00:23:25.88	126	7:39	00:23:47.37	7:35	00:47:13.25
127	91/270	14/36	74	Charles Ciarfello	M	46	Smithtown	NY	113	7:26	00:23:07.60	143	7:45	00:24:05.84	7:35	00:47:13.44
128	92/270	7/17	44	Christopher Boundy	M	38	Coram	NY	137	7:38	00:23:43.94	117	7:34	00:23:31.34	7:36	00:47:15.28
129	37/207	6/22	148	Erica Fraiberg	F	43	Greenlawn	NY	139	7:38	00:23:45.15	118	7:34	00:23:32.18	7:36	00:47:17.34
130	93/270	1/13	481	Jared Wosleger	M	27	Merrick	NY	162	7:50	00:24:20.30	95	7:25	00:23:03.51	7:37	00:47:23.81
131	38/207	7/22	403	Andrea Schieck	F	43	West Sayville	NY	153	7:46	00:24:08.94	106	7:29	00:23:17.99	7:38	00:47:26.94
132	94/270	3/10	276	Peter Martin	M	67	Bellmore	NY	132	7:36	00:23:38.87	127	7:39	00:23:49.08	7:38	00:47:27.95
133	95/270	8/33	204	Thomas Horan	M	63	Ronkonkoma	NY	129	7:34	00:23:33.17	133	7:41	00:23:54.98	7:38	00:47:28.16
134	96/270	15/36	171	Barry Goodman	M	45	Plainview	NY	123	7:30	00:23:20.61	144	7:45	00:24:07.74	7:38	00:47:28.36
135	97/270	2/13	368	William Reitz	M	42	West Islip	NY	144	7:41	00:23:53.44	120	7:35	00:23:35.73	7:38	00:47:29.17
136	98/270	13/44	41	Paul Bonanni	M	56	Selden	NY	134	7:36	00:23:39.77	130	7:41	00:23:53.87	7:39	00:47:33.64
137	39/207	2/20	187	Hayda Hayduk	F	45	Kings Park	NY	143	7:41	00:23:52.68	129	7:40	00:23:51.48	7:40	00:47:44.17
138	40/207	1/13	114	Dolores Doman	F	60	Dix Hills	NY	120	7:28	00:23:14.93	152	7:53	00:24:31.47	7:41	00:47:46.40
139	41/207	2/13	339	Linda Ottaviano	F	61	Cold Spring Harbor	NY	131	7:36	00:23:38.67	146	7:48	00:24:14.24	7:42	00:47:52.92
140	99/270	9/33	503	Mike Baard	M	61	Merrick	NY	138	7:38	00:23:44.75	145	7:46	00:24:08.16	7:42	00:47:52.92
141	100/270	16/36	42	Kevin Boone	M	48	Bay Shore	NY	130	7:35	00:23:36.42	148	7:49	00:24:17.76	7:42	00:47:54.19
142	101/270	10/33	362	Grant Radtke	M	61	East Meadow	NY	149	7:43	00:24:01.18	138	7:44	00:24:02.12	7:44	00:48:03.30
143	102/270	3/13	334	Dan O'shea	M	48	Kings Park	NY	160	7:49	00:24:19.29	124	7:38	00:23:45.40	7:44	00:48:04.69
144	103/270	14/44	186	Robert Haughn	M	59	Port Jefferson Station	NY	127	7:34	00:23:32.44	156	7:53	00:24:32.50	7:44	00:48:04.94

# Aspire 10K Run

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## Overall Results

10K

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
145	104/270	15/44	212	Dean Hutchinson	M	55	Long Beach	NY	148	7:43	00:24:01.18	142	7:45	00:24:05.38	7:44	00:48:06.57
146	105/270	5/9	350	Robert Pickus	M	47	Plainview	NY	164	7:50	00:24:22.94	125	7:38	00:23:45.45	7:44	00:48:08.39
147	106/270	17/36	427	Robert Smith	M	48	Northport	NY	135	7:37	00:23:42.11	153	7:53	00:24:31.56	7:45	00:48:13.67
148	107/270	12/28	150	Dan Fredericks	M	43	Bethpage	NY	142	7:41	00:23:52.45	150	7:52	00:24:28.32	7:46	00:48:20.78
149	108/270	13/28	243	John Lafalce	M	42	Farmingdale	NY	163	7:50	00:24:22.74	141	7:45	00:24:05.12	7:47	00:48:27.87
150	109/270	1/7	269	Tom Maile	M	74	Cortlandt Manor	NY	155	7:47	00:24:13.60	147	7:48	00:24:15.71	7:48	00:48:29.31
151	110/270	18/36	415	Ed Sekula	M	45	North Babylon	NY	152	7:45	00:24:05.94	149	7:51	00:24:24.39	7:48	00:48:30.33
152	111/270	11/33	60	Jay Byrne	M	63	Massapequa	NY	133	7:36	00:23:39.71	168	8:02	00:24:57.94	7:49	00:48:37.65
153	42/207	8/22	466	Aimee Welsh	F	42	Huntington	NY	154	7:47	00:24:11.37	157	7:54	00:24:33.32	7:50	00:48:44.69
154	43/207	8/23	262	Jill Loveland	F	31	Long Beach	NY	146	7:43	00:23:58.55	164	7:59	00:24:49.64	7:51	00:48:48.19
155	112/270	16/44	167	Bill Girona	M	57	Smithtown	NY	158	7:49	00:24:17.19	154	7:53	00:24:31.59	7:51	00:48:48.79
156	113/270	19/36	434	Michael Starr	M	47	Plainview	NY	151	7:45	00:24:05.67	165	8:00	00:24:52.02	7:52	00:48:57.69
157	114/270	17/44	482	Jerry Wosleger	M	58	Merrick	NY	161	7:49	00:24:20.20	159	7:56	00:24:39.15	7:53	00:48:59.35
158	115/270	12/26	246	Yu-Jen Lai	M	54	East Setauket	NY	157	7:48	00:24:15.63	162	7:58	00:24:47.97	7:53	00:49:03.60
159	44/207	6/27	354	Stephanie Plotkin	F	50	Plainview	NY	178	8:03	00:25:01.95	140	7:45	00:24:04.99	7:54	00:49:06.94
160	45/207	2/27	431	Kim Solomine	F	59	Syosset	NY	156	7:48	00:24:14.62	167	8:01	00:24:54.48	7:54	00:49:09.11
161	116/270	12/33	263	Michael Ludwig	M	62	Rockville Ctr	NY	166	7:52	00:24:27.82	160	7:57	00:24:42.30	7:54	00:49:10.13
162	117/270	13/26	467	Tom Welsh	M	51	Huntington	NY	172	7:57	00:24:42.89	151	7:52	00:24:28.45	7:54	00:49:11.35
163	118/270	18/44	277	Frank Martinez	M	59	Commack	NY	165	7:52	00:24:26.79	166	8:00	00:24:54.34	7:56	00:49:21.13
164	46/207	7/12	175	Ellissa Gravinese	F	39	Rocky Point	NY	190	8:10	00:25:22.66	137	7:43	00:24:00.08	7:56	00:49:22.74
165	47/207	3/27	477	Debra Woloschin	F	56	Remsenburg	NY	159	7:49	00:24:17.67	174	8:04	00:25:06.71	7:57	00:49:24.38
166	119/270	14/28	453	Michael Trimarco	M	40	Bethpage	NY	168	7:55	00:24:38.39	161	7:58	00:24:46.55	7:57	00:49:24.94
167	120/270	20/36	308	Michael Minerva	M	45	Holbrook	NY	92	7:14	00:22:29.44	223	8:40	00:26:57.17	7:57	00:49:26.61
168	48/207	4/13	55	Kimberly Bruno	F	28	Holbrook	NY	145	7:42	00:23:58.35	182	8:11	00:25:28.45	7:57	00:49:26.80
169	121/270	15/28	513	Brad Eisenstein	M	43	Plainview	NY	150	7:44	00:24:01.94	180	8:10	00:25:25.25	7:57	00:49:27.19
170	49/207	3/20	82	Angelique Consalazio	F	46	Ronkonkoma	NY	170	7:56	00:24:38.94	163	7:59	00:24:49.25	7:57	00:49:28.19
171	122/270	16/28	268	Sean Mahoney	M	40	Smithtown	NY	177	8:03	00:25:01.14	155	7:53	00:24:32.05	7:58	00:49:33.19
172	50/207	7/27	192	Torie Hehir	F	53	East Northport	NY	167	7:54	00:24:35.44	169	8:02	00:24:59.67	7:58	00:49:35.11
173	123/270	14/26	49	Patrick Brennan	M	54	Lake Ronkonkoma	NY	141	7:39	00:23:47.19	189	8:18	00:25:48.32	7:58	00:49:35.51
174	124/270	17/28	202	Lance Homan	M	44	Farmingville	NY	201	8:17	00:25:44.37	131	7:41	00:23:53.98	7:59	00:49:38.35
175	51/207	9/23	40	Lisa Bonanni	F	30	Selden	NY	171	7:56	00:24:39.41	177	8:08	00:25:18.25	8:02	00:49:57.66
176	125/270	13/33	525	Rick Booth	M	60	Smithtown	NY	169	7:55	00:24:38.39	185	8:13	00:25:34.29	8:04	00:50:12.68
177	126/270	8/17	51	Romulo Brito	M	39	Uniondale	NY	147	7:43	00:23:58.94	203	8:27	00:26:15.98	8:05	00:50:14.93
178	52/207	10/23	199	Jessica Hill	F	32	East Northport	NY	197	8:15	00:25:39.20	158	7:55	00:24:36.25	8:05	00:50:15.45
179	127/270	18/28	31	Ben Beavers	M	43	Amityville	NY	173	7:57	00:24:43.91	184	8:13	00:25:33.02	8:05	00:50:16.94
180	53/207	8/27	519	Regina Orelli	F	51	Huntington Station	NY	179	8:03	00:25:02.36	176	8:08	00:25:18.05	8:06	00:50:20.41

# Aspire 10K Run

April 1, 2017

## Overall Results

10K

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
181	128/270	14/33	546	Richard Aubain	M	61	Hicksville	NY	183	8:07	00:25:14.94	173	8:04	00:25:05.88	8:06	00:50:20.82
182	129/270	9/17	161	Justin Gershowitz	M	36	Saint James	NY	186	8:08	00:25:19.20	170	8:03	00:25:02.74	8:06	00:50:21.94
183	130/270	10/17	531	Barry Molof	M	37	Plainview	NY	187	8:08	00:25:19.20	171	8:03	00:25:03.24	8:06	00:50:22.45
184	54/207	4/20	446	Jenney Tesoriero	F	46	Westbury	NY	182	8:07	00:25:13.70	175	8:05	00:25:09.98	8:06	00:50:23.68
185	131/270	15/33	559	Paul Aloe	M	60	Port Washington	NY	189	8:09	00:25:21.83	172	8:04	00:25:04.86	8:07	00:50:26.70
186	132/270	19/44	172	Dennis Gowen	M	55	Massapequa Park	NY	185	8:08	00:25:16.96	179	8:10	00:25:22.98	8:09	00:50:39.94
187	55/207	5/13	93	Jaclyn Dagnall	F	28	Long Beach	NY	174	7:59	00:24:50.20	196	8:19	00:25:52.75	8:09	00:50:42.95
188	133/270	21/36	340	John Pace	M	46	East Norwich	NY	175	8:02	00:24:58.44	192	8:18	00:25:50.22	8:10	00:50:48.67
189	134/270	20/44	110	David Digiovanni	M	58	Sea Cliff	NY	176	8:02	00:24:59.92	194	8:19	00:25:50.99	8:10	00:50:50.91
190	56/207	5/20	508	Eliana Themistocleous	F	49	Melville	NY	181	8:05	00:25:09.66	190	8:18	00:25:48.56	8:12	00:50:58.22
191	135/270	4/10	122	Gerry Dunbar	M	65	Floral Park	NY	199	8:16	00:25:41.12	178	8:09	00:25:20.61	8:12	00:51:01.74
192	136/270	16/33	348	Eric Perrotta	M	61	Massapequa	NY	180	8:05	00:25:09.53	197	8:20	00:25:54.58	8:13	00:51:04.11
193	57/207	9/22	253	Danielle Leong	F	44	Commack	NY	200	8:16	00:25:42.95	181	8:11	00:25:27.65	8:14	00:51:10.60
194	58/207	9/27	281	Christine Mccain	F	54	Deer Park	NY	202	8:17	00:25:45.19	186	8:15	00:25:41.00	8:16	00:51:26.20
195	137/270	17/33	244	Louis Lafleur	M	61	Holbrook	NY	194	8:12	00:25:31.16	199	8:21	00:25:58.13	8:17	00:51:29.29
196	59/207	6/13	377	Jennifer Roertgen	F	28	Centereach	NY	195	8:14	00:25:37.45	195	8:19	00:25:52.25	8:17	00:51:29.70
197	60/207	4/27	536	Mary Lenzi	F	56	Hauppauge	NY	214	8:25	00:26:10.57	183	8:12	00:25:29.87	8:18	00:51:40.45
198	138/270	2/7	153	David Frisone	M	72	New Hyde Park	NY	203	8:18	00:25:50.29	193	8:19	00:25:50.91	8:19	00:51:41.20
199	61/207	10/27	297	Elizabeth Melillo	F	51	Northport	NY	193	8:12	00:25:29.94	202	8:26	00:26:13.75	8:19	00:51:43.69
200	62/207	10/22	282	Bridget Mccann	F	43	North Bellmore	NY	184	8:08	00:25:16.39	207	8:32	00:26:31.06	8:20	00:51:47.45
201	63/207	11/23	378	Kristen Ropke	F	33	Oyster Bay	NY	208	8:23	00:26:03.10	188	8:17	00:25:47.27	8:20	00:51:50.38
202	64/207	11/27	271	Lori Mangual	F	52	Merrick	NY	204	8:20	00:25:53.52	200	8:21	00:25:59.09	8:20	00:51:52.62
203	65/207	12/27	331	Jackie Novak	F	50	East Northport	NY	211	8:23	00:26:04.90	191	8:18	00:25:49.34	8:21	00:51:54.24
204	66/207	11/22	201	Stephanie Hoffmann	F	44	Glen Cove	NY	207	8:21	00:25:59.22	198	8:21	00:25:57.04	8:21	00:51:56.26
205	139/270	2/4	624	Chris Kavanaugh	M	13	Sayville	NY	191	8:11	00:25:26.30	209	8:33	00:26:35.65	8:22	00:52:01.95
206	140/270	15/26	17	John Antinora	M	51	Hicksville	NY	219	8:29	00:26:22.95	187	8:16	00:25:43.25	8:23	00:52:06.20
207	141/270	21/44	606	Brian Gunderson	M	57	Medford	NY	192	8:11	00:25:26.96	213	8:35	00:26:41.24	8:23	00:52:08.20
208	67/207	12/23	28	Erin Barry	F	33	Bellmore	NY	196	8:15	00:25:38.74	208	8:32	00:26:31.54	8:23	00:52:10.28
209	142/270	22/36	254	Craig Lerman	M	45	Plainview	NY	209	8:23	00:26:04.29	206	8:30	00:26:27.66	8:27	00:52:31.95
210	68/207	6/20	501	Judith Brenner	F	48	Plainview	NY	206	8:21	00:25:57.40	212	8:35	00:26:40.38	8:28	00:52:37.79
211	143/270	22/44	398	Robert Savino	M	57	Seaford	NY	188	8:09	00:25:21.26	237	8:47	00:27:20.19	8:28	00:52:41.45
212	144/270	11/17	180	Andrew Hafele	M	37	Bay Shore	NY	198	8:15	00:25:39.90	231	8:43	00:27:06.92	8:29	00:52:46.82
213	145/270	19/28	197	Mike Heyer	M	42	Hicksville	NY	210	8:23	00:26:04.71	214	8:36	00:26:44.49	8:30	00:52:49.20
214	69/207	7/20	112	Anita Distefano	F	49	Nesconset	NY	205	8:20	00:25:54.35	229	8:42	00:27:03.85	8:31	00:52:58.20
215	146/270	20/28	548	Ken Park	M	40	Plainview	NY	232	8:41	00:26:59.34	201	8:21	00:25:59.26	8:31	00:52:58.60
216	70/207	5/27	329	Karen Nora	F	56	Huntington	NY	218	8:29	00:26:22.34	211	8:34	00:26:38.30	8:31	00:53:00.64

# Aspire 10K Run

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10K

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
217	71/207	6/27	278	Fay Mattana	F	58	Great Neck	NY	212	8:23	00:26:05.11	225	8:41	00:27:00.35	8:32	00:53:05.46
218	147/270	23/44	490	Daniel Goldstein	M	55	Huntington Station	NY	220	8:29	00:26:23.20	216	8:36	00:26:46.12	8:33	00:53:09.33
219	148/270	21/28	457	Rich Vonbuttgereit	M	42	Bellerose	NY	228	8:39	00:26:53.63	204	8:29	00:26:23.02	8:34	00:53:16.65
220	149/270	24/44	448	Brian Tighe	M	57	Babylon	NY	225	8:36	00:26:43.45	210	8:33	00:26:36.87	8:35	00:53:20.32
221	150/270	4/13	198	Dan Hickey	M	56	Merrick	NY	223	8:36	00:26:43.28	215	8:36	00:26:45.93	8:36	00:53:29.21
222	72/207	13/23	483	Keri Wyllie	F	30	Centereach	NY	240	8:44	00:27:09.66	205	8:30	00:26:26.93	8:37	00:53:36.59
223	73/207	12/22	191	Julia Hegner	F	43	Wantagh	NY	215	8:27	00:26:16.20	238	8:48	00:27:22.75	8:38	00:53:38.96
224	151/270	23/36	238	Micah Korn	M	46	Huntington Station	NY	229	8:39	00:26:54.35	217	8:37	00:26:46.86	8:38	00:53:41.21
225	74/207	5/14	419	Ellie Sheinwald	F	23	Old Bethpage	NY	217	8:29	00:26:22.20	239	8:49	00:27:24.11	8:39	00:53:46.32
226	75/207	7/13	261	Angela Lovaglio	F	27	Huntington Station	NY	233	8:41	00:27:00.15	220	8:38	00:26:52.26	8:40	00:53:52.41
227	152/270	5/11	619	Liam Doyle	M	18	Islip Terrace	NY	213	8:24	00:26:06.52	254	8:57	00:27:49.68	8:40	00:53:56.21
228	153/270	12/17	307	Rob Miller	M	37	Astoria	NY	231	8:40	00:26:58.31	226	8:41	00:27:00.40	8:41	00:53:58.71
229	154/270	16/26	37	Joe Bianco	M	51	Centerport	NY	222	8:34	00:26:39.40	236	8:47	00:27:19.31	8:41	00:53:58.71
230	155/270	13/17	46	Casey Brannan	M	35	Huntington Station	NY	237	8:43	00:27:07.95	221	8:39	00:26:52.98	8:41	00:54:00.94
231	76/207	7/27	213	Jeannie Hynes	F	55	Greenlawn	NY	234	8:43	00:27:07.21	222	8:40	00:26:55.94	8:41	00:54:03.15
232	156/270	25/44	540	Scott Sparr	M	58	Long Beach	NY	230	8:40	00:26:56.68	234	8:45	00:27:11.27	8:42	00:54:07.96
233	157/270	18/33	323	Paul Nelson	M	62	Saint James	NY	224	8:36	00:26:43.28	242	8:49	00:27:26.61	8:42	00:54:09.89
234	77/207	8/27	321	Eve Nebanhaus	F	56	Manhasset	NY	236	8:43	00:27:07.83	230	8:43	00:27:06.49	8:43	00:54:14.32
235	158/270	22/28	227	Scott Kesselman	M	43	Plainview	NY	239	8:44	00:27:09.20	232	8:43	00:27:07.75	8:44	00:54:16.96
236	78/207	13/27	105	Jennifer Despagna	F	53	Huntington	NY	221	8:30	00:26:26.39	256	8:58	00:27:52.31	8:44	00:54:18.71
237	159/270	19/33	260	John Lively	M	63	Hicksville	NY	251	8:51	00:27:30.40	219	8:38	00:26:50.04	8:44	00:54:20.44
238	160/270	24/36	499	Danny Greenwald	M	47	Islip	NY	227	8:37	00:26:47.20	245	8:52	00:27:35.29	8:45	00:54:22.50
239	79/207	6/14	392	Lisa Sala	F	21	Massapequa Park	NY	255	8:52	00:27:35.55	218	8:37	00:26:47.91	8:45	00:54:23.46
240	161/270	5/13	221	Steve Juchem	M	47	North Bellmore	NY	248	8:48	00:27:22.88	228	8:42	00:27:02.82	8:45	00:54:25.71
241	162/270	6/13	26	Richard Barkan	M	52	Long Beach	NY						8:45	00:54:27.46	
242	163/270	26/44	48	Russell Breiter	M	56	Plainview	NY	247	8:47	00:27:19.83	233	8:44	00:27:08.36	8:45	00:54:28.19
243	164/270	20/33	516	Robert Elsener	M	62	East Northport	NY	226	8:36	00:26:43.68	250	8:56	00:27:46.74	8:46	00:54:30.43
244	80/207	8/20	296	Dedee Meehan	F	49	Lake Ronkonoma	NY	253	8:52	00:27:33.43	224	8:40	00:26:58.01	8:46	00:54:31.45
245	165/270	23/28	320	Michael Nadboy	M	40	Plainviewplainview	NY	242	8:45	00:27:11.25	240	8:49	00:27:24.87	8:47	00:54:36.12
246	81/207	7/14	441	Phedeline Tanis	F	24	Elmont	NY	216	8:27	00:26:16.26	273	9:08	00:28:23.45	8:47	00:54:39.71
247	166/270	14/17	514	Russell Bank	M	39	Plainview	NY	238	8:44	00:27:08.84	244	8:52	00:27:33.56	8:48	00:54:42.40
248	82/207	1/9	388	Terri Ruane	F	47	Farmingdale	NY	235	8:43	00:27:07.21	251	8:56	00:27:46.75	8:50	00:54:53.96
249	167/270	6/9	231	David Kinsella	M	38	West Babylon	NY	264	9:00	00:27:57.96	227	8:41	00:27:01.00	8:50	00:54:58.96
250	83/207	14/27	611	Clare Lipponer	F	54	Patchogue	NY	252	8:51	00:27:31.20	243	8:51	00:27:30.05	8:51	00:55:01.26
251	84/207	8/14	63	Teresa Caputo	F	24	Hauppauge	NY	259	8:56	00:27:46.24	235	8:47	00:27:17.66	8:51	00:55:03.91
252	85/207	15/27	551	Angela Medalla	F	52	Hicksville	NY	246	8:46	00:27:14.70	255	8:57	00:27:50.43	8:51	00:55:05.13

# Aspire 10K Run

April 1, 2017

## Overall Results

10K

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
253	168/270	17/26	333	Rich O'Neill	M	50	Center Moriches	NY	250	8:49	00:27:26.70	247	8:54	00:27:42.00	8:52	00:55:08.71
254	169/270	5/10	550	George Lira	M	67	Southampton	NY	241	8:44	00:27:10.26	261	9:01	00:28:01.16	8:52	00:55:11.42
255	170/270	25/36	530	Michael Manzo	M	45	Plainview	NY	244	8:45	00:27:12.20	265	9:03	00:28:07.73	8:54	00:55:19.94
256	86/207	3/13	517	Nancy Russo	F	61	Nesconset	NY	256	8:53	00:27:36.21	249	8:56	00:27:45.57	8:54	00:55:21.78
257	87/207	13/22	83	Leslie Cook	F	43	Massapequa	NY	258	8:54	00:27:40.70	248	8:55	00:27:43.72	8:54	00:55:24.43
258	171/270	27/44	444	Larry Tenenbaum	M	55	Dix Hills	NY	245	8:46	00:27:14.45	274	9:08	00:28:24.76	8:57	00:55:39.21
259	172/270	24/28	405	Gregg Schlossman	M	42	Plainview	NY	243	8:45	00:27:11.91	283	9:12	00:28:36.05	8:58	00:55:47.96
260	173/270	28/44	326	Robert Nikodem	M	57	Huntington	NY	249	8:49	00:27:24.50	278	9:10	00:28:30.18	8:59	00:55:54.69
261	88/207	14/22	196	Chrisitne Hertel	F	42	Plainview	NY	254	8:52	00:27:34.44	276	9:09	00:28:26.55	9:00	00:56:00.99
262	89/207	8/13	542	Kelly Short	F	27	Hicksville	NY	266	9:02	00:28:06.82	260	9:00	00:28:00.14	9:01	00:56:06.96
263	90/207	1/3	633	Erin Stroehlein	F	9	Babylon	NY	260	8:58	00:27:53.70	267	9:05	00:28:14.09	9:01	00:56:07.80
264	174/270	21/33	328	John Nora	M	60	Massapequa Park	NY	269	9:03	00:28:08.45	263	9:01	00:28:02.07	9:02	00:56:10.52
265	175/270	26/36	22	Michael Ash	M	48	Plainview	NY	290	9:15	00:28:46.46	241	8:49	00:27:26.31	9:02	00:56:12.77
266	91/207	14/23	317	Joanne Mulhall	F	34	Old Bethpage	NY	272	9:05	00:28:15.84	259	8:59	00:27:57.12	9:02	00:56:12.97
267	92/207	8/12	410	Heather Sciarra	F	37	Plainview	NY	274	9:06	00:28:17.87	258	8:59	00:27:55.50	9:02	00:56:13.37
268	176/270	18/26	23	Scott Ash	M	50	Greenlawn	NY	289	9:15	00:28:46.28	246	8:53	00:27:36.84	9:04	00:56:23.12
269	93/207	9/13	135	Katie Fargnoli	F	25	West Islip	NY	263	8:59	00:27:56.46	280	9:10	00:28:30.69	9:05	00:56:27.16
270	94/207	4/13	248	Judith Latta	F	62	Garden City	NY	270	9:04	00:28:12.19	268	9:05	00:28:14.96	9:05	00:56:27.16
271	95/207	15/23	510	Allison Canosa	F	33	Merrick	NY	267	9:03	00:28:08.20	270	9:07	00:28:19.96	9:05	00:56:28.17
272	96/207	9/27	379	Kyle Rose-Louder	F	56	Freeport	NY	285	9:14	00:28:42.37	252	8:56	00:27:48.03	9:05	00:56:30.40
273	177/270	19/26	484	Mark Younker	M	54	Valley Stream	NY	284	9:14	00:28:41.83	253	8:57	00:27:48.56	9:05	00:56:30.40
274	97/207	15/22	391	Tara Ryan	F	42	Mineola	NY	261	8:58	00:27:54.35	289	9:17	00:28:51.48	9:08	00:56:45.84
275	178/270	3/7	383	Vic Rossi	M	70	Hauppauge	NY	287	9:14	00:28:44.21	264	9:01	00:28:03.75	9:08	00:56:47.96
276	98/207	10/27	375	Susan Robinson	F	58	Coram	NY	275	9:06	00:28:18.69	281	9:11	00:28:33.41	9:09	00:56:52.11
277	99/207	2/8	476	Gloria Withus	F	66	Brentwood	NY	278	9:08	00:28:24.38	279	9:10	00:28:30.33	9:09	00:56:54.72
278	100/207	9/20	59	Rosalia Butera	F	46	Massapequa	NY	292	9:16	00:28:47.49	266	9:03	00:28:09.47	9:09	00:56:56.97
279	101/207	11/27	66	Maura Carroll	F	57	Islip	NY	265	9:01	00:28:02.66	293	9:22	00:29:07.22	9:11	00:57:09.88
280	179/270	7/9	149	Paul Franciotti	M	62	East Meadow	NY	262	8:59	00:27:54.95	298	9:26	00:29:20.26	9:12	00:57:15.22
281	102/207	16/27	382	Lisa Rossi	F	51	Merrick	NY	268	9:03	00:28:08.21	294	9:22	00:29:07.69	9:12	00:57:15.90
282	180/270	6/10	134	Scott Fairgrieve	M	66	Mineola	NY	286	9:14	00:28:43.56	282	9:12	00:28:35.91	9:13	00:57:19.47
283	181/270	22/33	518	Harold Axelrod	M	61	Great Neck	NY	283	9:13	00:28:41.21	284	9:13	00:28:38.72	9:13	00:57:19.93
284	182/270	20/26	224	Jason Katz	M	50	Plainview	NY	297	9:20	00:29:00.21	271	9:07	00:28:20.54	9:13	00:57:20.75
285	103/207	9/12	130	Carly Etherson	F	35	Nesconset	NY	310	9:29	00:29:28.71	257	8:58	00:27:53.45	9:13	00:57:22.17
286	104/207	12/27	450	Brenda Tirsun	F	56	Port Washington	NY	281	9:12	00:28:37.38	287	9:15	00:28:47.34	9:14	00:57:24.72
287	183/270	21/26	96	Richard Dauman	M	54	Old Bethpage	NY	309	9:28	00:29:26.46	262	9:01	00:28:02.02	9:14	00:57:28.49
288	105/207	16/23	560	Caroline Ashby	F	32	Port Washington	NY	306	9:26	00:29:20.39	269	9:05	00:28:16.02	9:16	00:57:36.41



# Aspire 10K Run

April 1, 2017

## Overall Results

10K

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
289	184/270	29/44	90	Edward Cuff	M	56	Kings Park	NY	282	9:13	00:28:39.40	292	9:20	00:29:00.06	9:16	00:57:39.47
290	185/270	7/10	316	Gerard Morda	M	67	Temple Terrace	FL	280	9:10	00:28:31.69	295	9:22	00:29:07.97	9:16	00:57:39.67
291	186/270	23/33	101	Drew Demasters	M	62	Westbury	NY	277	9:08	00:28:23.96	296	9:25	00:29:16.73	9:16	00:57:40.69
292	187/270	3/4	616	Frankie Anzaldi Jr	M	14	Rocky Point	NY	296	9:17	00:28:53.59	286	9:15	00:28:47.10	9:16	00:57:40.69
293	188/270	27/36	612	Doug Pandolf	M	45	Patchogue	NY	295	9:17	00:28:53.18	288	9:16	00:28:48.28	9:17	00:57:41.47
294	189/270	6/11	631	Jack Modica	M	15	Smithtown	NY	276	9:08	00:28:22.95	297	9:26	00:29:19.35	9:17	00:57:42.30
295	106/207	17/23	27	Marisa Barracca	F	32	Maspeth	NY	304	9:25	00:29:18.37	277	9:09	00:28:27.58	9:17	00:57:45.96
296	107/207	5/13	250	Pamela Lee	F	63	Syosset	NY	294	9:16	00:28:50.12	290	9:19	00:28:58.47	9:18	00:57:48.59
297	190/270	30/44	279	Robert Mayer	M	57	Douglaston	NY	311	9:30	00:29:31.56	272	9:08	00:28:22.90	9:19	00:57:54.47
298	108/207	18/23	357	Colby Povill	F	34	Amityville	NY	300	9:24	00:29:12.89	285	9:14	00:28:43.03	9:19	00:57:55.92
299	191/270	31/44	534	Bill Niedfeld	M	57	Seaford	NY	305	9:26	00:29:19.58	291	9:19	00:28:58.69	9:22	00:58:18.27
300	109/207	3/8	133	Julieann Fahner	F	66	Mineola	NY	273	9:06	00:28:16.49	310	9:40	00:30:03.41	9:23	00:58:19.90
301	110/207	10/13	302	Kristen Meyer	F	27	Massapequa	NY	257	8:53	00:27:38.30	325	9:57	00:30:55.39	9:25	00:58:33.69
302	192/270	24/33	286	James Mcdougall	M	62	Ronkonkoma	NY	301	9:24	00:29:12.98	299	9:27	00:29:23.74	9:25	00:58:36.72
303	111/207	1/8	566	Jenna Lambert	F	40	Hicksville	NY	288	9:15	00:28:44.67	307	9:38	00:29:56.75	9:26	00:58:41.42
304	112/207	6/13	218	Madeleine Johnson-Strang	F	61	Northport	NY	291	9:15	00:28:47.29	308	9:38	00:29:57.67	9:27	00:58:44.97
305	193/270	4/7	226	Hubert Keen	M	72	Garden City	NY	303	9:24	00:29:14.93	300	9:30	00:29:31.78	9:27	00:58:46.72
306	194/270	7/11	628	Paul Mikowski	M	15	Babylon	NY	279	9:08	00:28:24.99	315	9:49	00:30:32.98	9:29	00:58:57.97
307	113/207	9/14	359	Victoria Profit	F	24	Saint James	NY	308	9:26	00:29:20.96	302	9:33	00:29:40.76	9:29	00:59:01.72
308	195/270	28/36	447	Chris Tetteris	M	45	Hicksville	NY	298	9:22	00:29:06.61	309	9:38	00:29:58.35	9:30	00:59:04.97
309	196/270	9/10	455	Robert Tyler	M	34	Oceanside	NY	316	9:34	00:29:46.21	304	9:35	00:29:47.98	9:35	00:59:34.19
310	197/270	15/17	543	James Regan	M	39	Mineola	NY	318	9:35	00:29:48.89	303	9:35	00:29:47.72	9:35	00:59:36.61
311	198/270	25/28	544	William Regan	M	43	Port Washington	NY	317	9:35	00:29:47.88	305	9:37	00:29:53.86	9:36	00:59:41.75
312	199/270	8/10	169	Ehud Golos	M	66	East Hills	NY	319	9:36	00:29:50.21	306	9:37	00:29:55.76	9:37	00:59:45.97
313	114/207	2/9	500	Kimberly Greenwald	F	38	Westbury	NY	293	9:16	00:28:48.71	327	9:59	00:31:01.51	9:37	00:59:50.22
314	115/207	3/9	71	Mehak Chopra	F	29	Huntington Station	NY	358	10:09	00:31:33.93	275	9:08	00:28:24.84	9:39	00:59:58.77
315	200/270	29/36	502	David Brenner	M	49	Plainview	NY	315	9:34	00:29:45.43	312	9:45	00:30:18.04	9:39	01:00:03.47
316	116/207	2/8	420	Jacqueline Shine	F	24	Ronkonkoma	NY	344	10:01	00:31:07.96	301	9:31	00:29:36.17	9:46	01:00:44.14
317	201/270	22/26	435	Robert Stefanik	M	51	Garden City	NY	320	9:39	00:30:00.47	318	9:54	00:30:45.88	9:46	01:00:46.36
318	202/270	5/7	232	Richard Kleiman	M	70	Plainview	NY	313	9:31	00:29:34.41	331	10:04	00:31:18.31	9:47	01:00:52.73
319	203/270	32/44	322	Harlan Nebanhaus	M	57	Manhasset	NY	314	9:31	00:29:35.21	332	10:04	00:31:18.74	9:48	01:00:53.95
320	117/207	4/9	145	Sue Fitzpatrick	F	56	Dix Hills	NY	334	9:51	00:30:37.42	313	9:47	00:30:26.73	9:49	01:01:04.15
321	118/207	13/27	343	Deborah Pantano	F	58	Oakland Gardens	NY	323	9:44	00:30:16.93	319	9:55	00:30:48.80	9:49	01:01:05.73
322	204/270	25/33	270	Charles Mandelbaum	M	60	Great Neck	NY	307	9:26	00:29:20.80	342	10:14	00:31:47.93	9:50	01:01:08.73
323	119/207	3/8	341	Carolyn Paidoussis	F	46	West Islip	NY	331	9:50	00:30:33.77	316	9:50	00:30:35.41	9:50	01:01:09.19
324	120/207	16/22	151	Sharon Fricker	F	40	Ronkonkoma	NY	271	9:04	00:28:12.38	379	10:39	00:33:08.14	9:52	01:01:20.52

# Aspire 10K Run

April 1, 2017

## Overall Results

10K

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
325	121/207	17/27	237	Jacqui Koplik	F	50	Wantagh	NY	328	9:48	00:30:27.87	324	9:56	00:30:54.69	9:52	01:01:22.57
326	122/207	10/20	62	Michelle Cagnetto	F	45	Ronkonkoma	NY	332	9:50	00:30:34.46	320	9:55	00:30:50.15	9:52	01:01:24.61
327	123/207	14/27	488	Anita Von Himmel	F	56	Delhi	NY	302	9:24	00:29:13.90	356	10:21	00:32:11.32	9:53	01:01:25.22
328	124/207	15/27	394	Carol Sandquist	F	59	Garden City	NY	342	9:59	00:31:04.16	314	9:49	00:30:32.70	9:54	01:01:36.86
329	125/207	16/27	401	Pauline Schachner	F	55	Malverne	NY	337	9:54	00:30:47.17	323	9:56	00:30:54.06	9:55	01:01:41.23
330	126/207	11/20	454	Karen Trovato	F	45	Massapequa	NY	322	9:42	00:30:11.21	336	10:10	00:31:35.98	9:56	01:01:47.19
331	205/270	9/10	86	Howard Cragg	M	69	Bethpage	NY	336	9:54	00:30:45.72	328	10:01	00:31:08.19	9:57	01:01:53.91
332	206/270	26/33	478	Glen Wolther	M	60	Jericho	NY	325	9:45	00:30:20.57	343	10:14	00:31:48.76	10:00	01:02:09.34
333	127/207	7/13	380	Donna Rosen	F	60	Jericho	NY	327	9:46	00:30:22.96	341	10:13	00:31:46.58	10:00	01:02:09.54
334	128/207	17/22	230	Stacy Keyes	F	41	East Meadow	NY	333	9:50	00:30:35.19	337	10:11	00:31:39.41	10:00	01:02:14.60
335	129/207	17/27	498	Patricia Dalmazio	F	55	Garden City	NY	340	9:58	00:30:58.21	333	10:05	00:31:20.02	10:01	01:02:18.23
336	130/207	2/3	610	Madeline Lipponer	F	18	Patchogue	NY	299	9:23	00:29:09.85	380	10:40	00:33:10.64	10:01	01:02:20.49
337	131/207	3/3	632	Kesanya Pandolf	F	15	Patchogue	NY	312	9:30	00:29:33.71	373	10:33	00:32:47.18	10:02	01:02:20.89
338	132/207	10/14	358	Alexa Profit	F	23	Saint James	NY	345	10:02	00:31:11.72	329	10:02	00:31:11.76	10:02	01:02:23.48
339	133/207	18/27	511	Joellen Elsener	F	59	Deer Park	NY	326	9:46	00:30:21.80	354	10:18	00:32:02.14	10:02	01:02:23.94
340	207/270	33/44	292	Timothy Mckay	M	56	Farmingdale	NY	329	9:48	00:30:29.46	351	10:17	00:31:57.72	10:03	01:02:27.19
341	208/270	26/28	409	Scott Schwartz	M	41	Plainview	NY	362	10:12	00:31:41.80	321	9:55	00:30:50.68	10:03	01:02:32.48
342	134/207	11/13	70	Addie Chmil	F	26	Garden City	NY	354	10:07	00:31:28.00	330	10:02	00:31:11.98	10:05	01:02:39.98
343	209/270	23/26	485	John Zaia	M	50	Massapequa Park	NY	361	10:11	00:31:40.59	326	9:58	00:31:00.02	10:05	01:02:40.62
344	210/270	1/4	203	John Horan	M	77	Freeport	NY	341	9:59	00:31:03.97	338	10:11	00:31:39.69	10:05	01:02:43.66
345	211/270	4/4	553	Benjamin Levine	M	11	Plainview	NY	338	9:57	00:30:57.31	344	10:14	00:31:49.54	10:06	01:02:46.86
346	135/207	19/27	29	Maria Basile-Farash	F	57	West Babylon	NY	347	10:03	00:31:13.96	335	10:09	00:31:34.27	10:06	01:02:48.23
347	136/207	18/27	132	Joanne Evangelist	F	52	Centerport	NY	367	10:17	00:31:58.21	322	9:56	00:30:52.53	10:06	01:02:50.74
348	212/270	30/36	385	Joseph Rothschild	M	48	Floral Park	NY	373	10:19	00:32:05.16	317	9:54	00:30:45.79	10:06	01:02:50.95
349	213/270	16/17	77	Matthew Clark	M	35	Plainview	NY	324	9:45	00:30:17.93	367	10:28	00:32:33.02	10:06	01:02:50.95
350	137/207	4/8	170	Abby Gonzalez	F	69	Dix Hills	NY	330	9:49	00:30:31.11	361	10:25	00:32:23.50	10:07	01:02:54.61
351	138/207	20/27	140	Maria Ferraro	F	59	Glen Oaks	NY	348	10:03	00:31:15.40	345	10:14	00:31:49.95	10:09	01:03:05.35
352	214/270	2/4	459	John Wallace	M	76	Melville	NY	352	10:06	00:31:23.11	339	10:13	00:31:45.70	10:09	01:03:08.82
353	215/270	34/44	87	Bill Crispino	M	58	Freeport	NY	385	10:37	00:33:00.22	311	9:42	00:30:09.01	10:09	01:03:09.23
354	216/270	31/36	390	Kevin Ryan	M	46	Mineola	NY	339	9:57	00:30:57.46	357	10:22	00:32:12.77	10:09	01:03:10.23
355	139/207	21/27	154	Maria Fucella	F	56	Levittown	NY	343	10:00	00:31:05.21	355	10:20	00:32:09.02	10:10	01:03:14.23
356	140/207	19/23	395	Jessica Santaniello	F	32	Oceanside	NY	335	9:52	00:30:41.90	368	10:28	00:32:33.58	10:10	01:03:15.48
357	141/207	2/3	324	Sofia Ng	F	10	East Northport	NY	353	10:06	00:31:23.21	346	10:15	00:31:53.53	10:10	01:03:16.74
358	142/207	12/20	68	Melissa Cavaliere-Ng	F	46	East Northport	NY	351	10:06	00:31:22.96	349	10:16	00:31:56.25	10:11	01:03:19.21
359	143/207	8/13	116	Frances Dowling	F	63	Baldwin	NY	350	10:05	00:31:22.46	352	10:17	00:31:58.14	10:11	01:03:20.61
360	144/207	5/8	144	Anne Fitzgibbon	F	68	Glen Cove	NY	357	10:08	00:31:30.21	353	10:18	00:32:00.77	10:13	01:03:30.98

# Aspire 10K Run

April 1, 2017

## 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	217/270	17/17	165	Mike Gillespie	M	37	Centerport	NY	321	9:40	00:30:02.46	385	10:47	00:33:30.52	10:13	01:03:32.98
362	218/270	35/44	89	Jose Cruz	M	59	Hicksville	NY	346	10:03	00:31:13.76	360	10:24	00:32:20.68	10:13	01:03:34.44
363	219/270	27/33	185	Noyes Harrigan	M	64	Seaford	NY	371	10:18	00:32:02.23	334	10:09	00:31:34.24	10:14	01:03:36.47
364	220/270	5/7	264	Scott Luxenberg	M	29	North Bellmore	NY	365	10:15	00:31:51.35	340	10:13	00:31:45.88	10:14	01:03:37.24
365	221/270	8/11	255	Ethan Lerman	M	17	Plainview	NY	370	10:18	00:32:02.11	347	10:16	00:31:55.47	10:17	01:03:57.58
366	145/207	4/8	88	Laurie Crossman	F	54	Centerport	NY	364	10:13	00:31:46.88	358	10:22	00:32:14.35	10:18	01:04:01.23
367	222/270	7/13	200	Peter Hoey	M	57	Floral Park	NY	368	10:17	00:31:59.71	359	10:24	00:32:18.99	10:20	01:04:18.71
368	223/270	6/7	393	Joseph Salow	M	70	Bellerose	NY	359	10:09	00:31:34.30	372	10:32	00:32:46.42	10:21	01:04:20.72
369	146/207	6/8	345	Elizabeth Penagos	F	69	Glen Cove	NY	360	10:10	00:31:35.72	376	10:34	00:32:50.45	10:22	01:04:26.17
370	224/270	36/44	361	Patrick Quinn	M	57	Syosset	NY	363	10:13	00:31:44.96	374	10:33	00:32:49.15	10:23	01:04:34.12
371	225/270	28/33	119	Timothy Droge	M	62	Merrick	NY	376	10:21	00:32:09.63	365	10:27	00:32:29.54	10:24	01:04:39.18
372	147/207	13/20	284	Cara McCormack	F	46	Little Neck	NY	372	10:19	00:32:04.96	369	10:29	00:32:35.46	10:24	01:04:40.42
373	226/270	9/11	627	Tom Lang	M	15	Saint James	NY	355	10:07	00:31:28.40	382	10:43	00:33:20.11	10:25	01:04:48.52
374	148/207	14/20	396	Rosa Sapanara	F	47	Massapequa	NY	377	10:22	00:32:12.69	375	10:33	00:32:49.80	10:28	01:05:02.49
375	149/207	19/27	155	Lori Fuller	F	53	Roslyn Heights	NY	378	10:27	00:32:28.48	371	10:30	00:32:40.18	10:29	01:05:08.66
376	150/207	18/22	223	Roxana Kariyannis	F	40	Plainview	NY	382	10:33	00:32:46.98	362	10:26	00:32:27.55	10:29	01:05:14.53
377	151/207	5/9	356	Lianna Portnoy	F	28	Brooklyn	NY	379	10:29	00:32:36.85	370	10:30	00:32:38.69	10:30	01:05:15.54
378	152/207	9/13	14	Kathy Agricola	F	61	Levittown	NY	369	10:18	00:32:00.96	381	10:43	00:33:19.23	10:30	01:05:20.20
379	153/207	11/14	311	Amanda Moncada	F	21	Elmont	NY	386	10:38	00:33:04.20	363	10:26	00:32:28.00	10:32	01:05:32.20
380	154/207	15/20	445	Mary Tercynski	F	45	Williston Park	NY	381	10:32	00:32:46.47	377	10:34	00:32:50.79	10:33	01:05:37.26
381	155/207	10/12	251	Kristin Leicht	F	37	East Meadow	NY	392	10:46	00:33:28.18	366	10:28	00:32:31.58	10:37	01:05:59.77
382	227/270	37/44	78	Daniel Clements	M	59	Floral Park	NY	374	10:19	00:32:05.36	388	10:55	00:33:56.38	10:37	01:06:01.74
383	228/270	10/11	369	Parris Renwick Jr	M	18	Islip	NY	366	10:16	00:31:55.72	390	11:00	00:34:10.98	10:38	01:06:06.70
384	156/207	22/27	91	Kathleen Cuff	F	56	Kings Park	NY	383	10:33	00:32:47.22	383	10:44	00:33:22.50	10:38	01:06:09.72
385	157/207	19/22	626	Ann Marie Lang	F	40	Saint James	NY	356	10:07	00:31:28.60	403	11:13	00:34:51.03	10:40	01:06:19.64
386	158/207	20/27	615	Laurie Abrams	F	52	Commack	NY	406	11:06	00:34:32.22	350	10:16	00:31:56.27	10:41	01:06:28.49
387	229/270	6/7	609	Roberto Lipponer	M	21	Patchogue	NY	407	11:07	00:34:32.72	348	10:16	00:31:56.02	10:41	01:06:28.74
388	230/270	7/7	306	Johnny Miller	M	70	Merrick	NY	388	10:40	00:33:10.22	386	10:49	00:33:38.67	10:45	01:06:48.89
389	159/207	12/13	303	Jaclyn Mienkiewicz	F	27	Plainview	NY	397	10:53	00:33:51.95	378	10:37	00:33:00.54	10:45	01:06:52.49
390	231/270	24/26	38	Michael Bianco	M	51	Huntington	NY	380	10:32	00:32:43.71	391	11:00	00:34:11.45	10:46	01:06:55.17
391	232/270	27/28	81	Jeff Cohen	M	41	Roslyn	NY	375	10:20	00:32:07.71	402	11:12	00:34:48.38	10:46	01:06:56.10
392	160/207	7/8	603	Judi Gallop	F	65	West Islip	NY	405	11:06	00:34:32.13	364	10:27	00:32:28.36	10:47	01:07:00.49
393	161/207	21/27	274	Beth Marinis	F	53	Hicksville	NY	384	10:34	00:32:51.63	389	10:59	00:34:10.28	10:47	01:07:01.91
394	162/207	10/13	425	Mary Siragusa	F	63	West Islip	NY	400	10:58	00:34:06.92	384	10:45	00:33:24.63	10:52	01:07:31.55
395	233/270	38/44	19	Joey Arken	M	55	Roslyn Heights	NY	349	10:05	00:31:22.21	418	11:42	00:36:23.16	10:54	01:07:45.38
396	234/270	8/13	64	Ken Carmel	M	56	Ronkonkoma	NY	401	10:59	00:34:08.14	387	10:50	00:33:42.09	10:55	01:07:50.23

# Aspire 10K Run

April 1, 2017

## Overall Results

10K

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
397	163/207	23/27	47	Kate Breen	F	59	Huntington Station	NY	395	10:49	00:33:38.92	392	11:01	00:34:14.56	10:55	01:07:53.49
398	164/207	11/12	205	Pelagia Horgan	F	36	Bayville	NY	394	10:49	00:33:37.91	393	11:01	00:34:15.77	10:55	01:07:53.68
399	235/270	25/26	84	Vincent Corrado	M	50	Massapequa	NY	393	10:48	00:33:34.52	395	11:04	00:34:23.65	10:56	01:07:58.17
400	165/207	16/20	30	Diana Bass	F	48	Plainview	NY	389	10:42	00:33:15.19	401	11:11	00:34:47.06	10:56	01:08:02.25
401	166/207	11/13	61	Giovanna Caggiano	F	62	Glen Cove	NY	387	10:40	00:33:09.22	407	11:24	00:35:26.72	11:02	01:08:35.95
402	236/270	39/44	411	Thomas Scollo	M	59	North Massapequa	NY	391	10:45	00:33:26.72	409	11:25	00:35:28.37	11:05	01:08:55.10
403	237/270	29/33	158	Mark Gelbien	M	60	Plainview	NY	390	10:42	00:33:17.41	410	11:30	00:35:45.06	11:06	01:09:02.48
404	238/270	40/44	400	Larry Schachner	M	57	Malverne	NY	402	11:02	00:34:18.32	400	11:11	00:34:47.00	11:07	01:09:05.32
405	239/270	30/33	538	Doug Swoish	M	61	Oak Harbor	WA	412	11:14	00:34:56.22	397	11:06	00:34:31.04	11:10	01:09:27.26
406	167/207	20/23	429	Heather Softy	F	34	Bethpage	NY	413	11:17	00:35:05.41	394	11:03	00:34:22.06	11:10	01:09:27.47
407	168/207	6/9	283	Nina Mccann	F	45	Williston Park	NY	398	10:54	00:33:54.14	413	11:34	00:35:56.28	11:14	01:09:50.42
408	169/207	22/27	312	Angelica Moncada	F	50	Elmont	NY	404	11:05	00:34:27.22	408	11:24	00:35:27.23	11:15	01:09:54.45
409	170/207	24/27	404	Jo Ann Schiesser	F	55	Albertson	NY	411	11:14	00:34:55.22	404	11:16	00:35:02.68	11:15	01:09:57.91
410	171/207	23/27	509	Maria Garcia	F	53	East Islip	NY	417	11:21	00:35:17.72	399	11:10	00:34:42.53	11:15	01:10:00.25
411	172/207	24/27	463	Susan Warsaw	F	50	Coram	NY	409	11:11	00:34:47.55	405	11:22	00:35:20.20	11:17	01:10:07.75
412	240/270	32/36	462	Andrew Warsaw	M	49	Coram	NY	408	11:11	00:34:47.34	406	11:22	00:35:20.53	11:17	01:10:07.87
413	173/207	25/27	407	Diane Schocken	F	54	Massapequa Park	NY	420	11:27	00:35:35.23	398	11:08	00:34:38.09	11:18	01:10:13.32
414	241/270	41/44	189	Henry Healy	M	55	Seaford	NY	396	10:53	00:33:49.67	425	11:49	00:36:45.03	11:21	01:10:34.70
415	174/207	25/27	235	Joanne Kong	F	58	West Babylon	NY	403	11:02	00:34:19.47	420	11:43	00:36:24.28	11:22	01:10:43.75
416	175/207	21/23	182	Jessica Hallahan	F	30	Lindenhurst	NY	429	11:42	00:36:23.23	396	11:05	00:34:29.03	11:24	01:10:52.26
417	242/270	33/36	236	Robert Kopetic	M	46	Glen Head	NY	414	11:19	00:35:12.23	411	11:31	00:35:47.87	11:25	01:11:00.10
418	176/207	12/13	174	Deeann Grappone	F	62	Bethpage	NY	418	11:23	00:35:22.64	412	11:32	00:35:50.60	11:27	01:11:13.24
419	243/270	26/26	242	Larry Kurtzman	M	54	Plainview	NY	399	10:58	00:34:05.47	427	11:57	00:37:08.28	11:27	01:11:13.76
420	244/270	9/13	287	Thomas Mccillicuddy	M	50	Glen Head	NY	415	11:19	00:35:12.68	415	11:37	00:36:08.26	11:28	01:11:20.94
421	177/207	5/8	285	Rebecca Mcdonald	F	48	Nesconset	NY	410	11:13	00:34:53.43	428	11:59	00:37:14.08	11:36	01:12:07.51
422	178/207	1/2	43	Hilory Boucher	F	71	Northport	NY	422	11:28	00:35:40.48	423	11:46	00:36:34.69	11:37	01:12:15.17
423	179/207	26/27	136	Laurene Fagnoli	F	58	West Islip	NY	419	11:26	00:35:31.73	426	11:52	00:36:54.77	11:39	01:12:26.51
424	180/207	22/23	438	Heather Stong	F	34	Islandia	NY	433	11:48	00:36:40.98	417	11:40	00:36:16.61	11:44	01:12:57.60
425	245/270	10/10	121	Phil Dumbainski	M	32	Islandia	NY	434	11:48	00:36:42.44	416	11:40	00:36:15.32	11:44	01:12:57.77
426	246/270	34/36	159	Jason Geller	M	47	Plainview	NY	416	11:20	00:35:12.89	433	12:11	00:37:53.25	11:45	01:13:06.15
427	181/207	6/8	470	Patricia Wiertz	F	54	Levittown	NY	432	11:46	00:36:35.36	424	11:49	00:36:44.37	11:48	01:13:19.74
428	247/270	10/13	162	Steve Gerson	M	59	East Meadow	NY	440	11:59	00:37:15.73	414	11:37	00:36:05.78	11:48	01:13:21.51
429	182/207	12/14	418	Jaclyn Sheehan	F	24	Old Bethpage	NY	421	11:28	00:35:39.70	432	12:09	00:37:47.13	11:49	01:13:26.84
430	248/270	8/9	465	Todd Weinstein	M	44	East Meadow	NY	438	11:56	00:37:06.73	419	11:42	00:36:23.42	11:49	01:13:30.16
431	183/207	12/12	417	Melissa Serbonich	F	35	East Meadow	NY	437	11:56	00:37:06.73	421	11:43	00:36:25.53	11:50	01:13:32.26
432	249/270	42/44	523	Lance Margolin	M	58	Woodbury	NY	424	11:36	00:36:04.46	429	12:03	00:37:29.26	11:50	01:13:33.72

# Aspire 10K Run

April 1, 2017

## Overall Results

10K

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
433	184/207	7/9	58	Janet Buitenkant	F	56	Northport	NY	423	11:34	00:35:58.41	430	12:06	00:37:35.72	11:50	01:13:34.13
434	250/270	11/13	245	Michael Laforgia	M	51	Smithtown	NY	439	11:56	00:37:07.20	422	11:43	00:36:27.31	11:50	01:13:34.51
435	185/207	20/22	371	Kelly Rhatigan	F	43	Merrick	NY	431	11:45	00:36:30.67	431	12:09	00:37:46.50	11:57	01:14:17.17
436	186/207	26/27	217	Angela Johnson	F	53	West Islip	NY	430	11:43	00:36:24.37	435	12:20	00:38:20.58	12:01	01:14:44.96
437	187/207	27/27	414	Lilly Sehayek	F	50	Bayside	NY	425	11:37	00:36:06.23	438	12:31	00:38:54.76	12:04	01:15:00.99
438	188/207	27/27	515	Ruth Elsener	F	59	East Northport	NY	435	11:49	00:36:44.61	436	12:24	00:38:34.64	12:07	01:15:19.25
439	251/270	7/7	458	David Walker	M	22	Plainview	NY	426	11:37	00:36:06.90	443	12:40	00:39:23.54	12:09	01:15:30.44
440	189/207	17/20	33	Stephanie Becker	F	45	Port Jefferson Station	NY	427	11:42	00:36:21.32	444	12:42	00:39:29.39	12:12	01:15:50.71
441	252/270	31/33	436	Paul Steigerwald	M	61	Massapequa	NY	442	12:00	00:37:18.40	437	12:29	00:38:48.87	12:14	01:16:07.27
442	190/207	21/22	266	Michele Macedonio	F	41	Plainview	NY	436	11:55	00:37:03.96	441	12:37	00:39:14.31	12:16	01:16:18.27
443	253/270	11/11	109	Nick Digaetano	M	16	Lindenhurst	NY	443	12:01	00:37:22.98	440	12:37	00:39:13.19	12:19	01:16:36.18
444	254/270	35/36	108	Joe Digaetano	M	45	Lindenhurst	NY	444	12:02	00:37:23.59	442	12:37	00:39:14.40	12:19	01:16:37.99
445	191/207	13/13	422	Linda Simon	F	63	Jericho	NY	451	12:39	00:39:19.99	434	12:15	00:38:05.25	12:27	01:17:25.24
446	255/270	6/7	100	Andrew Demasters	M	27	Westbury	NY	448	12:26	00:38:40.74	439	12:34	00:39:05.78	12:30	01:17:46.52
447	192/207	3/3	32	Kylie Becker	F	11	Port Jefferson Station	NY	428	11:42	00:36:21.73	449	13:25	00:41:43.46	12:33	01:18:05.20
448	193/207	23/23	430	Laura Softy	F	32	Bethpage	NY	441	12:00	00:37:17.18	447	13:09	00:40:51.59	12:34	01:18:08.77
449	256/270	12/13	428	Doug Softy	M	61	Bethpage	NY	446	12:15	00:38:04.83	445	12:57	00:40:14.36	12:36	01:18:19.20
450	257/270	10/10	309	Sal Mirando	M	66	Plainview	NY	447	12:23	00:38:31.42	446	13:06	00:40:42.95	12:45	01:19:14.37
451	258/270	43/44	34	Joseph Bedics	M	59	Oceanside	NY	445	12:15	00:38:04.43	451	13:42	00:42:35.32	12:58	01:20:39.76
452	259/270	13/13	370	Ivan Rey	M	59	Oceanside	NY	449	12:30	00:38:51.24	450	13:31	00:42:01.04	13:00	01:20:52.28
453	260/270	9/9	381	Mark Rosenberg	M	74	Syosset	NY							13:05	01:21:22.17
454	194/207	22/22	561	Dena Weiner	F	42	Hyndman	PA	450	12:35	00:39:08.72	452	13:50	00:43:00.73	13:13	01:22:09.46
455	261/270	32/33	372	Mitchell Rich	M	62	Merrick	NY							13:19	01:22:46.84
456	262/270	36/36	351	Darren Pierce	M	45	Whitestone	NY	454	13:44	00:42:41.68	448	13:17	00:41:18.55	13:31	01:24:00.23
457	263/270	3/4	195	Norman Hershkowitz	M	78	N Massapequa	NY	452	13:28	00:41:50.99	453	13:59	00:43:28.96	13:43	01:25:19.96
458	195/207	2/2	35	Sherry Bellovin	F	70	N. Massapequa	NY	453	13:42	00:42:35.00	458	14:37	00:45:25.77	14:09	01:28:00.77
459	196/207	13/13	352	Christina Pietras	F	28	Westbury	NY	456	14:42	00:45:42.41	454	14:19	00:44:29.14	14:30	01:30:11.56
460	264/270	28/28	166	Paul Ginocchio	M	40	Lynbrook	NY							14:36	01:30:49.56
461	197/207	7/8	439	Iva Sutton	F	41	Selden	NY	455	14:39	00:45:33.10	460	15:25	00:47:55.87	15:02	01:33:28.97
462	198/207	8/8	258	Fran Lischner Call	F	67	Old Bethpage	NY	457	15:01	00:46:39.80	459	15:25	00:47:54.50	15:13	01:34:34.30
463	265/270	7/7	605	Eric Gunderson	M	25	Medford	NY	460	15:31	00:48:12.67	462	15:30	00:48:11.15	15:30	01:36:23.83
464	199/207	13/14	604	Georgia Gass	F	22	Coram	NY	461	15:31	00:48:13.28	461	15:30	00:48:10.99	15:30	01:36:24.27
465	200/207	8/9	73	Pinky Chopra	F	57	Albertson	NY	459	15:07	00:46:59.87	463	16:22	00:50:53.65	15:45	01:37:53.52
466	201/207	9/9	72	Neha Chopra	F	28	Albertson	NY	458	15:07	00:46:59.86	464	16:22	00:50:53.97	15:45	01:37:53.83
467	266/270	33/33	601	Steve Cuomo	M	64	Shirley	NY	464	16:16	00:50:33.47	467	16:52	00:52:24.32	16:34	01:42:57.79
468	202/207	18/20	634	Margaret Stroehlein	F	45	Babylon	NY	466	16:17	00:50:36.35	465	16:51	00:52:21.63	16:34	01:42:57.99

# Aspire 10K Run

April 1, 2017

## Overall Results

10K

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
469	203/207	14/14	613	Tara Sanders	F	23	Wading River	NY	465	16:16	00:50:34.89	466	16:51	00:52:23.45	16:34	01:42:58.35
470	204/207	1/1	142	Alexandra Finger	F	82	Pearl River	NY	463	16:06	00:50:04.24	469	17:20	00:53:51.61	16:43	01:43:55.85
471	205/207	19/20	95	Monique Darrisaw	F	47	Freeport	NY	471	19:11	00:59:37.30	456	14:27	00:44:54.55	16:49	01:44:31.85
472	206/207	8/8	207	Sharon Hoskins	F	46	Freeport	NY	470	19:10	00:59:34.71	457	14:28	00:44:58.64	16:49	01:44:33.35
473	207/207	20/20	480	Launette Woolforde	F	45	Huntington Station	NY	472	19:11	00:59:38.86	455	14:27	00:44:54.49	16:49	01:44:33.35
474	267/270	1/1	275	Frank Martin	M	82	West Bayshore	NY	462	16:03	00:49:52.47	470	17:41	00:54:56.85	16:52	01:44:49.33
475	268/270	4/4	21	Barry Aronowsky	M	76	Greenlawn	NY	467	16:18	00:50:40.52	471	17:50	00:55:24.58	17:04	01:46:05.10
476	269/270	44/44	293	Frank Mckenna	M	58	Levittown	NY	468	17:11	00:53:25.78	468	17:08	00:53:15.36	17:10	01:46:41.14
477	270/270	1/1	228	Howard Kestenbaum	M	85	Plainview	NY	469	17:50	00:55:24.56	472	19:00	00:59:04.38	18:25	01:54:28.94