

Rob's Run Cross Country 5K

November 26, 2017

Overall Division Results

5K Run

Female Open

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	15/581	1/252	356	Brianna Nerud	23	F	Glen Head	NY	6:07	00:19:02.05
2	16/581	2/252	416	Sara Rosenzweig	22	F	Merrick	NY	6:08	00:19:06.30
3	17/581	3/252	271	Victoria Kornieva	30	F	Amityville	NY	6:12	00:19:18.77

Male Open

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/581	1/329	582	Brendan Martin	28	M	Smithtown	NY	5:09	00:16:02.08
2	2/581	2/329	116	Mike Darnell	23	M	Wantagh	NY	5:23	00:16:45.12
3	3/581	3/329	110	Colin Culhane	27	M	Sayville	NY	5:27	00:16:56.59

Female Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	29/581	6/252	515	Tara Wilson	40	F	West Islip	NY	6:28	00:20:05.78
2	51/581	8/252	123	Martha Delgado	41	F	Great Neck	NY	6:55	00:21:29.52
3	52/581	9/252	423	Barbara Russo	54	F	Sayville	NY	6:56	00:21:34.30

Male Masters

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	8/581	8/329	80	Boyd Carrington	45	M	West Islip	NY	5:43	00:17:47.49
2	14/581	14/329	572	Keith Guilfoyle	51	M	Commack	NY	6:04	00:18:52.87
3	21/581	17/329	476	Travis Tate	40	M	Smithtown	NY	6:16	00:19:30.84

Female Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	156/581	27/252	338	Aileen Rose Mitarotonda	9	F	Ridgewood	NY	7:50	00:24:22.17
2	267/581	72/252	35	Caralinn Becker	10	F	Floral Park	NY	8:48	00:27:21.08
3	363/581	124/252	267	Hallie Klimov	10	F	Merrick	NY	9:43	00:30:12.22

Male Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	90/581	74/329	398	Landon Recio	9	M	Bellerose	NY	7:26	00:23:08.09
2	132/581	109/329	348	Lucas Muccini	10	M	Little Neck	NY	7:42	00:23:56.10
3	138/581	114/329	393	Brendan Ramirez	10	M	Wantagh	NY	7:43	00:24:00.07

Female Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	22/581	5/252	236	Lauryn Heskin	14	F	Floral Park	NY	6:17	00:19:33.26
2	53/581	10/252	349	Siena Muccini	13	F	Little Neck	NY	6:58	00:21:41.68
3	97/581	18/252	488	Leanna Trefcer	11	F	North Bellmore	NY	7:30	00:23:18.39

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Male Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	33/581	27/329	388	Kenneth Procacci	14	M	Franklin Square	NY	6:34	00:20:26.28
2	43/581	36/329	473	Nicholas Tardugno	14	M	Oyster Bay	NY	6:45	00:21:00.05
3	44/581	37/329	400	Ari Regev	13	M	Oyster Bay	NY	6:46	00:21:02.29

Female Ages 15 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	78/581	14/252	36	Emilee Becker	15	F	Floral Park	NY	7:18	00:22:41.06
2	188/581	39/252	264	Kali Keyes	17	F	East Meadow	NY	8:03	00:25:03.40
3	245/581	64/252	157	Emily Farrell	15	F	Coram	NY	8:32	00:26:31.68

Male Ages 15 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/581	5/329	237	Ryan Heskin	17	M	Floral Park	NY	5:32	00:17:12.31
2	12/581	12/329	589	Christian Schiavone	17	M	Plainview	NY	6:02	00:18:45.58
3	24/581	19/329	561	Gary Sautner	16	M	Syosset	NY	6:19	00:19:38.57

Female Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	18/581	4/252	106	Marissa Cossaro	22	F	East Northport	NY	6:14	00:19:23.66
2	206/581	47/252	615	Gina Del Rio	20	F	Little Neck	NY	8:10	00:25:23.52
3	281/581	83/252	454	Daphne Solomon	20	F	Syosset	NY	8:55	00:27:43.87

Male Ages 20 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	20/581	16/329	151	Alex Eletto	20	M	Stony Brook	NY	6:16	00:19:30.01
2	28/581	23/329	334	Thomas Mihailin	21	M	East Northport	NY	6:23	00:19:52.01
3	151/581	125/329	389	Bradley Quinn	21	M	Syosset	NY	7:47	00:24:13.48

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	64/581	12/252	614	Maria Marascia	26	F	Huntington	NY	7:06	00:22:06.50
2	135/581	24/252	67	Kimberly Bruno	28	F	Holbrook	NY	7:42	00:23:57.80
3	165/581	29/252	472	Phedeline Tanis	25	F	Elmont	NY	7:53	00:24:32.08

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	6/581	6/329	632	Joe Grieco	26	M	Massapequa	NY	5:37	00:17:27.14
2	7/581	7/329	272	Anton Korniev	25	M	Glen Head	NY	5:40	00:17:37.08
3	9/581	9/329	584	Connor Dolan	25	M	Ronkonkoma	NY	5:44	00:17:51.33

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Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	118/581	21/252	277	Triin Lawrence	31	F	Coram	NY	7:37	00:23:40.54
2	171/581	31/252	451	Samantha Simon	30	F	Yaphank	NY	7:56	00:24:40.01
3	174/581	33/252	182	Talia Fromm	33	F	Long Beach	NY	7:57	00:24:44.50

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/581	4/329	292	Sean Mahon	31	M	Merrick	NY	5:31	00:17:11.09
2	13/581	13/329	269	Christopher Koegel	34	M	Wantagh	NY	6:03	00:18:48.21
3	55/581	44/329	234	Jason Hernandez	33	M	Smithtown	NY	7:00	00:21:45.21

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	42/581	7/252	534	Shari Klarfeld	36	F	Plainview	NY	6:45	00:20:59.23
2	112/581	20/252	562	Jessica Petrina	35	F	Selden	NY	7:33	00:23:29.96
3	159/581	28/252	115	Melissa Danchalski	35	F	Manorville	NY	7:51	00:24:25.40

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	19/581	15/329	620	Brendan Dagan	36	M	Deer Park	NY	6:14	00:19:24.96
2	49/581	42/329	502	Ronnie Vichman	37	M	Farmingdale	NY	6:53	00:21:24.69
3	73/581	61/329	19	Adrian Argueta	37	M	Deer Park	NY	7:14	00:22:30.10

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	75/581	13/252	248	Leah Jantzen	44	F	East Setauket	NY	7:16	00:22:36.56
2	83/581	15/252	629	April Lemieux	41	F	Queens Village	NY	7:23	00:22:57.69
3	143/581	25/252	170	Erica Fraiberg	43	F	Greenlawn	NY	7:44	00:24:04.48

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	23/581	18/329	471	Michael Talles	41	M	Lindenhurst	NY	6:19	00:19:37.75
2	27/581	22/329	392	Jason Ramirez	43	M	Wantagh	NY	6:21	00:19:45.09
3	30/581	24/329	246	Eric Israel	40	M	Holbrook	NY	6:30	00:20:14.32

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	89/581	16/252	351	Kate Mullen-Most	47	F	Bayport	NY	7:26	00:23:07.80
2	94/581	17/252	145	Kathy Dormer	47	F	Williston Park	NY	7:28	00:23:14.53
3	193/581	42/252	420	Heidi Roussis	45	F	Westbury	NY	8:06	00:25:10.52

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Overall Division Results

5K Run

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	34/581	28/329	510	Graham Wilcock	49	M	Great Neck	NY	6:38	00:20:37.59
2	38/581	32/329	558	Earl Penney	46	M	Glen Head	NY	6:41	00:20:48.59
3	61/581	50/329	498	Daniel Valderrama	46	M	Oyster Bay	NY	7:05	00:22:02.08

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	54/581	11/252	65	Una Broderick	51	F	Wantagh	NY	6:59	00:21:42.49
2	119/581	22/252	45	Staci Blanket	53	F	Old Bethpage	NY	7:37	00:23:41.56
3	123/581	23/252	197	Gina Giordano	50	F	Mount Sinai	NY	7:39	00:23:47.24

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	39/581	33/329	47	Marc Bochner	52	M	New York	NY	6:43	00:20:53.52
2	63/581	52/329	93	Jason Cohen	50	M	Manorville	NY	7:06	00:22:03.84
3	66/581	54/329	211	Jose Gutierrez	50	M	Ridgewood	NY	7:08	00:22:11.00

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	150/581	26/252	279	Mary Lenzi	57	F	Hauppauge	NY	7:47	00:24:12.22
2	176/581	34/252	154	Tracey Epstein	57	F	Smithtown	NY	7:58	00:24:48.12
3	202/581	45/252	397	Debra Razzano-Nerud	57	F	Glen Head	NY	8:09	00:25:19.64

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	41/581	35/329	25	Alan Baisch	56	M	Selden	NY	6:43	00:20:55.09
2	58/581	47/329	365	John Oakley	56	M	Bayport	NY	7:02	00:21:52.12
3	67/581	55/329	575	Rich Delasota	58	M	Huntington	NY	7:10	00:22:16.30

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	227/581	52/252	610	Dolores Doman	60	F	Huntington Station	NY	8:22	00:26:01.06
2	242/581	61/252	540	Kim Solomine	60	F	Syosset	NY	8:29	00:26:24.07
3	254/581	67/252	532	Linda Ottaviano	62	F	Cold Spring Harbor	NY	8:37	00:26:46.89

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	93/581	77/329	21	Jim Arnone	63	M	Westhampton	NY	7:28	00:23:13.29
2	102/581	84/329	429	Paul Salerni	61	M	Little Neck	NY	7:31	00:23:22.49
3	104/581	86/329	593	Robby Kirshoff	61	M	Melville	NY	7:32	00:23:24.73

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5K Run

Female Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	371/581	127/252	517	Gloria Withus	67	F	Brentwood	NY	9:54	00:30:47.40
2	460/581	170/252	202	Abby Gonzales	69	F	Dix Hills	NY	10:59	00:34:07.57
3	527/581	214/252	609	Michele Chattaway	66	F	Riverhead	NY	12:33	00:39:00.57

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	31/581	25/329	552	Chris Webber	65	M	Sayville	NY	6:32	00:20:18.35
2	50/581	43/329	559	Bob Giambalvo	68	M	Delhi	NY	6:54	00:21:29.34
3	215/581	166/329	560	Alan Oman	68	M	Babylon	NY	8:11	00:25:28.13

Female Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	455/581	165/252	580	Betty Horstmann	72	F	Bayport	NY	10:52	00:33:47.80
2	540/581	224/252	91	Helma Clavin	74	F	Ronkonkoma	NY	13:07	00:40:45.71
3	561/581	239/252	579	Susan Brahms	73	F	Syosset	NY	14:26	00:44:51.33

Male Ages 70 - 74

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	222/581	172/329	557	Dennis Michel	70	M	Sayville	NY	8:17	00:25:44.45
2	331/581	224/329	417	Vic Rossi	71	M	Hauppague	NY	9:22	00:29:07.85
3	356/581	239/329	107	Howard Cragg	70	M	Bethpage	NY	9:36	00:29:52.22

Male Ages 75 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	338/581	229/329	638	Gary Muhrcke	77	M	Huntington	NY	9:27	00:29:23.85

Female Ages 80 - 84

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	580/581	252/252	210	Ginny Guichard	80	F	Mellville	NY	27:41	01:26:01.07

Male Ages 80 - 84

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	497/581	306/329	342	Carlos Morales	83	M	Corona	NY	11:55	00:37:02.86
2	573/581	326/329	301	Frank Martin	82	M	West Bay Shore	NY	17:04	00:53:02.83

Male Ages 85 - 89

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	577/581	327/329	263	Howard Kestenbaum	86	M	Plainview	NY	18:53	00:58:41.04

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5K Run

Male Ages 90+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	572/581	325/329	247	Bert Jablon	90	M	Syosset	NY	16:35	00:51:32.63