

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Overall Results

March 4, 2018

Lap legend: (time, pace & place)

Female

Place	overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
1	8/49	1/5	3398	Gabrielle Russo	F	33	Patchogue	NY	10	00:21:38.25	03:36:22.50		
	Lap 1 to 4	00:21:33.80	6:56	12	00:21:22.55	6:52	11	00:21:31.31	6:55	11	00:21:49.65	7:01	12
	Lap 5 to 8	00:21:44.67	6:59	10	00:21:46.81	7:00	10	00:21:40.84	6:58	7	00:21:51.56	7:02	7
	Lap 9 & 10	00:21:36.84	6:57	5	00:21:24.48	6:53	2						
2	9/49	1/3	3381	Laura Kline	F	40	Syracuse	NY	10	00:21:45.53	03:37:35.33		
	Lap 1 to 4	00:20:29.29	6:35	8	00:20:31.96	6:36	8	00:20:54.15	6:43	8	00:21:08.78	6:48	8
	Lap 5 to 8	00:21:19.09	6:51	8	00:21:26.06	6:53	8	00:21:55.71	7:03	11	00:22:29.66	7:14	9
	Lap 9 & 10	00:22:59.88	7:24	7	00:24:20.74	7:50	11						
3	18/49	2/3	3365	Martha Delgado	F	41	Great Neck	NY	10	00:24:08.41	04:01:24.13		
	Lap 1 to 4	00:23:23.75	7:31	20	00:23:15.84	7:29	18	00:23:51.08	7:40	18	00:23:22.68	7:31	17
	Lap 5 to 8	00:23:40.70	7:37	18	00:24:07.06	7:45	18	00:24:26.93	7:52	17	00:24:59.46	8:02	18
	Lap 9 & 10	00:25:58.82	8:21	16	00:24:17.79	7:49	9						
4	21/49	2/5	3380	Julie Kheyfets	F	29	New York	NY	10	00:25:17.13	04:12:51.28		
	Lap 1 to 4	00:23:09.79	7:27	15	00:23:31.32	7:34	19	00:24:24.54	7:51	21	00:24:48.85	7:59	22
	Lap 5 to 8	00:25:07.57	8:05	23	00:25:37.42	8:14	21	00:26:12.22	8:26	21	00:26:57.97	8:40	21
	Lap 9 & 10	00:26:35.18	8:33	17	00:26:26.43	8:30	17						
5	24/49	1/2	3378	Jodi Kartes-Heino	F	47	East Quogue	NY	10	00:27:23.87	04:33:58.73		
	Lap 1 to 4	00:28:13.52	9:05	36	00:24:43.43	7:57	24	00:24:55.75	8:01	23	00:25:25.25	8:10	24
	Lap 5 to 8	00:26:14.14	8:26	27	00:27:20.00	8:47	27	00:32:10.17	10:21	32	00:28:24.77	9:08	23
	Lap 9 & 10	00:28:35.09	9:12	21	00:27:56.62	8:59	19						
6	26/49	3/5	3399	Rebecca Schwartz	F	38	Bergenfield	NJ	10	00:28:13.82	04:42:18.19		
	Lap 1 to 4	00:27:18.68	8:47	34	00:27:53.70	8:58	37	00:27:17.10	8:46	32	00:27:20.45	8:47	30
	Lap 5 to 8	00:27:23.38	8:48	29	00:27:50.13	8:57	29	00:28:08.31	9:03	25	00:30:42.19	9:52	28
	Lap 9 & 10	00:29:43.99	9:34	24	00:28:40.25	9:13	22						
7	33/49	4/5	3397	Samantha Rosa	F	26	New York	NY	10	00:30:58.28	05:09:42.78		
	Lap 1 to 4	00:26:26.77	8:30	28	00:26:54.86	8:39	30	00:27:23.57	8:48	33	00:28:13.59	9:05	36
	Lap 5 to 8	00:29:15.83	9:25	34	00:33:52.59	10:54	37	00:34:02.09	10:57	34	00:34:27.18	11:05	32
	Lap 9 & 10	00:35:09.22	11:18	33	00:33:57.08	10:55	30						
8	35/49	2/2	3383	Esther Levine	F	47	Long Island City	NY	10	00:33:36.91	05:36:09.08		
	Lap 1 to 4	00:33:14.81	10:42	47	00:31:14.49	10:03	45	00:32:47.72	10:33	44	00:31:49.53	10:14	41
	Lap 5 to 8	00:32:53.37	10:35	39	00:33:59.44	10:56	38	00:36:02.55	11:36	37	00:35:01.61	11:16	33
	Lap 9 & 10	00:35:10.54	11:19	34	00:33:55.01	10:54	29						
9	39/49	1/2	3354	Jill Biddington	F	64	New York	NY	10	00:35:28.20	05:54:41.97		
	Lap 1 to 4	00:33:18.07	10:43	48	00:31:11.02	10:02	44	00:32:47.92	10:33	46	00:31:49.33	10:14	40
	Lap 5 to 8	00:33:25.03	10:45	41	00:33:37.95	10:49	36	00:35:39.82	11:28	36	00:35:39.47	11:28	36
	Lap 9 & 10	00:43:26.27	13:58	45	00:43:47.08	14:05	45						
10	41/49	1/1	3361	Eva Casale	F	53	Glen Cove	NY	10	00:35:39.42	05:56:34.18		
	Lap 1 to 4	00:31:45.00	10:13	46	00:34:34.92	11:07	51	00:34:21.81	11:03	49	00:33:57.88	10:55	47
	Lap 5 to 8	00:35:21.10	11:22	47	00:39:44.86	12:47	49	00:36:17.97	11:40	38	00:38:04.82	12:15	37
	Lap 9 & 10	00:37:32.91	12:05	35	00:34:52.92	11:13	33						
11	42/49	2/2	3415	Lucimar Araujo	F	61		NY	10	00:35:48.91	05:58:09.12		
	Lap 1 to 4	00:35:36.30	11:27	50	00:31:58.87	10:17	47	00:32:47.47	10:33	43	00:33:48.97	10:53	45
	Lap 5 to 8	00:35:26.78	11:24	48	00:35:33.70	11:26	43	00:36:28.88	11:44	39	00:39:16.65	12:38	40
	Lap 9 & 10	00:39:15.37	12:38	39	00:37:56.13	12:12	38						

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Female

Place	overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
12	44/49	5/5	3369	Mary Harvey	F	36	Brooklyn	NY	10	00:35:57.55	05:59:35.56		
	Lap 1 to 4	00:29:03.44	9:21	39	00:30:50.49	9:55	43	00:32:15.56	10:22	41	00:32:39.00	10:30	42
	Lap 5 to 8	00:34:39.06	11:09	43	00:39:37.87	12:45	48	00:40:35.00	13:03	44	00:40:46.18	13:07	45
	Lap 9 & 10	00:41:53.20	13:28	44	00:37:15.76	11:59	37						
13	46/49	1/1	3407	Christine Mccain	F	55	Deer Park	NY	10	00:37:26.30	06:14:23.01		
	Lap 1 to 4	00:33:58.91	10:56	49	00:34:45.86	11:11	52	00:36:18.90	11:41	51	00:34:36.16	11:08	49
	Lap 5 to 8	00:38:10.39	12:17	50	00:37:42.78	12:08	46	00:40:28.55	13:01	43	00:39:24.49	12:41	41
	Lap 9 & 10	00:39:05.29	12:34	38	00:39:51.68	12:49	41						
14	48/49	3/3	3360	Claudia Cabanas	F	40	Lindenhurst	NY	10	00:38:41.03	06:26:50.36		
	Lap 1 to 4	00:38:20.34	12:20	52	00:34:04.45	10:58	50	00:33:57.77	10:55	48	00:37:38.78	12:06	51
	Lap 5 to 8	00:35:16.15	11:21	45	00:40:32.44	13:02	50	00:41:00.11	13:11	45	00:40:34.66	13:03	43
	Lap 9 & 10	00:41:52.62	13:28	43	00:43:33.05	14:01	43						

Male

Place	overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
1	1/49	1/8	3384	Eric Lipuma	M	24	Boulder	CO	10	00:18:23.04	03:03:50.42		
	Lap 1 to 4	00:17:55.28	5:46	3	00:17:54.42	5:45	1	00:17:38.49	5:40	2	00:17:40.70	5:41	2
	Lap 5 to 8	00:17:54.79	5:45	2	00:17:36.10	5:39	1	00:17:39.87	5:41	1	00:18:10.73	5:51	1
	Lap 9 & 10	00:19:29.92	6:16	1	00:21:50.12	7:01	3						
2	2/49	2/8	3396	Chris Rauli	M	29	Manlius	NY	10	00:19:30.95	03:15:09.52		
	Lap 1 to 4	00:17:55.18	5:46	1	00:17:55.90	5:46	3	00:17:46.46	5:43	3	00:18:09.28	5:50	3
	Lap 5 to 8	00:18:31.30	5:57	3	00:19:08.91	6:09	3	00:20:00.55	6:26	5	00:20:48.31	6:41	5
	Lap 9 & 10	00:21:26.05	6:53	4	00:23:27.56	7:33	5						
3	3/49	1/1	3371	Aaron Heath	M	43	Chappaqua	NY	10	00:19:42.07	03:17:00.68		
	Lap 1 to 4	00:20:03.96	6:27	5	00:19:47.63	6:22	6	00:19:17.55	6:12	5	00:19:18.49	6:12	4
	Lap 5 to 8	00:19:22.37	6:14	5	00:19:15.80	6:11	4	00:19:26.72	6:15	3	00:19:35.50	6:18	3
	Lap 9 & 10	00:20:25.27	6:34	2	00:20:27.38	6:35	1						
4	4/49	1/6	3406	Boyd Carrington	M	45	Amityville	NY	10	00:20:26.95	03:24:29.47		
	Lap 1 to 4	00:20:09.25	6:29	6	00:19:42.40	6:20	4	00:18:59.74	6:06	4	00:19:36.43	6:18	6
	Lap 5 to 8	00:20:04.86	6:27	6	00:19:36.30	6:18	6	00:20:06.63	6:28	6	00:22:30.81	7:14	10
	Lap 9 & 10	00:21:04.81	6:47	3	00:22:38.24	7:17	4						
5	5/49	3/8	3382	Robert Lafrance	M	21	Boston	MA	10	00:20:50.77	03:28:27.71		
	Lap 1 to 4	00:19:36.41	6:18	4	00:19:44.61	6:21	5	00:19:34.87	6:18	6	00:19:32.14	6:17	5
	Lap 5 to 8	00:19:21.65	6:13	4	00:19:16.81	6:12	5	00:19:31.30	6:16	4	00:19:48.87	6:22	4
	Lap 9 & 10	00:25:51.19	8:19	14	00:26:09.86	8:25	16						
6	6/49	4/8	3357	Will Brewster	M	23	Grayslake	NY	10	00:21:11.68	03:31:56.82		
	Lap 1 to 4	00:17:55.18	5:46	2	00:17:55.52	5:46	2	00:17:38.09	5:40	1	00:16:58.64	5:27	1
	Lap 5 to 8	00:17:18.77	5:34	1	00:17:40.77	5:41	2	00:17:51.22	5:44	2	00:19:30.16	6:16	2
	Lap 9 & 10	00:30:24.71	9:47	26	00:38:43.77	12:27	39						
7	7/49	2/6	3392	Shelby Pankratz	M	48	Zeeland	MI	10	00:21:30.68	03:35:06.84		
	Lap 1 to 4	00:20:15.28	6:31	7	00:20:30.91	6:36	7	00:20:42.55	6:39	7	00:20:47.13	6:41	7
	Lap 5 to 8	00:21:07.14	6:47	7	00:21:22.22	6:52	7	00:21:52.40	7:02	10	00:22:09.56	7:07	8
	Lap 9 & 10	00:22:48.19	7:20	6	00:23:31.45	7:34	6						

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Place	overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
8	10/49	3/6	3390	Tommy Nettuno	M	48	West Babylon	NY	10	00:22:01.41	03:40:14.07		
	Lap 1 to 4	00:21:33.79	6:56	11	00:21:22.21	6:52	10	00:21:35.37	6:56	13	00:21:47.57	7:00	11
	Lap 5 to 8	00:21:45.48	7:00	11	00:21:46.59	7:00	9	00:21:42.40	6:59	8	00:21:47.37	7:00	6
	Lap 9 & 10	00:23:13.32	7:28	8	00:23:39.99	7:37	7						
9	11/49	1/8	3358	Richard Browning	M	56	Sant Cugat Del V		10	00:22:59.93	03:49:59.35		
	Lap 1 to 4	00:21:56.54	7:03	13	00:21:46.79	7:00	14	00:21:52.83	7:02	14	00:21:55.21	7:03	14
	Lap 5 to 8	00:22:09.63	7:07	13	00:22:31.19	7:14	13	00:24:20.98	7:50	16	00:23:41.06	7:37	12
	Lap 9 & 10	00:24:35.07	7:54	11	00:25:10.05	8:06	15						
10	12/49	5/8	3414	Michael Oliva	M	38	Irvington	NY	10	00:23:12.08	03:52:00.86		
	Lap 1 to 4	00:21:18.59	6:51	10	00:21:23.50	6:53	12	00:21:34.22	6:56	12	00:21:46.80	7:00	10
	Lap 5 to 8	00:21:46.91	7:00	12	00:21:58.76	7:04	11	00:21:43.07	6:59	9	00:24:55.36	8:01	17
	Lap 9 & 10	00:27:44.00	8:55	19	00:27:49.64	8:57	18						
11	13/49	1/5	3413	Byron Lane	M	50	Stony Brook	NY	10	00:23:41.29	03:56:52.88		
	Lap 1 to 4	00:23:58.22	7:42	23	00:22:50.39	7:21	15	00:22:50.76	7:21	16	00:22:46.12	7:19	15
	Lap 5 to 8	00:23:41.82	7:37	19	00:23:44.70	7:38	14	00:23:22.93	7:31	13	00:24:41.81	7:56	16
	Lap 9 & 10	00:24:15.07	7:48	10	00:24:41.06	7:56	12						
12	14/49	2/8	3400	Brian Teason	M	57	Manchester	VT	10	00:23:47.89	03:57:58.89		
	Lap 1 to 4	00:23:13.40	7:28	16	00:22:53.54	7:22	16	00:22:44.13	7:19	15	00:23:06.42	7:26	16
	Lap 5 to 8	00:23:19.00	7:30	16	00:23:58.39	7:42	16	00:24:12.45	7:47	15	00:24:27.86	7:52	14
	Lap 9 & 10	00:24:58.73	8:02	12	00:25:04.97	8:04	14						
13	15/49	1/4	3353	Todd Baum	M	60	Fayetteville	NY	10	00:23:53.86	03:58:58.63		
	Lap 1 to 4	00:23:21.29	7:31	18	00:23:39.81	7:36	20	00:23:45.04	7:38	17	00:24:01.01	7:43	19
	Lap 5 to 8	00:24:05.16	7:45	20	00:24:19.32	7:49	20	00:23:55.07	7:41	14	00:24:06.34	7:45	13
	Lap 9 & 10	00:24:05.29	7:45	9	00:23:40.30	7:37	8						
14	16/49	4/6	3375	Josh Irvan	M	47	Downingtown	PA	10	00:23:54.99	03:59:09.89		
	Lap 1 to 4	00:20:32.98	6:36	9	00:20:51.99	6:42	9	00:21:19.07	6:51	10	00:21:53.92	7:02	13
	Lap 5 to 8	00:22:34.92	7:16	14	00:23:55.19	7:41	15	00:26:04.70	8:23	20	00:26:08.62	8:24	20
	Lap 9 & 10	00:27:14.93	8:46	18	00:28:33.58	9:11	21						
15	17/49	5/6	3403	Graham Wilcock	M	49	Great Neck	NY	10	00:24:08.41	04:01:24.13		
	Lap 1 to 4	00:23:23.29	7:31	19	00:23:15.49	7:29	17	00:23:51.10	7:40	19	00:23:23.08	7:31	18
	Lap 5 to 8	00:23:39.93	7:37	17	00:24:06.98	7:45	17	00:24:27.32	7:52	18	00:25:00.97	8:03	19
	Lap 9 & 10	00:25:56.91	8:21	15	00:24:19.05	7:49	10						
16	19/49	2/5	3391	Wayne Pacconi	M	50	Denville	NJ	10	00:24:26.95	04:04:29.52		
	Lap 1 to 4	00:23:43.23	7:38	21	00:24:08.79	7:46	23	00:24:26.15	7:51	22	00:24:38.79	7:55	21
	Lap 5 to 8	00:24:26.09	7:51	21	00:24:08.51	7:46	19	00:24:32.12	7:53	19	00:24:31.63	7:53	15
	Lap 9 & 10	00:25:01.60	8:03	13	00:24:52.59	8:00	13						
17	20/49	3/8	3408	Donald Demetriades	M	57	Bozeman	MT	10	00:24:30.51	04:05:05.16		
	Lap 1 to 4	00:22:16.42	7:10	14	00:21:27.69	6:54	13	00:21:17.70	6:51	9	00:21:36.61	6:57	9
	Lap 5 to 8	00:21:39.37	6:58	9	00:22:09.81	7:08	12	00:22:41.48	7:18	12	00:23:23.15	7:31	11
	Lap 9 & 10	00:29:00.98	9:20	22	00:39:31.96	12:43	40						
18	22/49	6/6	3409	Dong Lin	M	46	West Nyack	NY	10	00:26:14.01	04:22:20.13		
	Lap 1 to 4	00:23:18.26	7:30	17	00:24:01.50	7:43	22	00:24:08.60	7:46	20	00:24:34.13	7:54	20
	Lap 5 to 8	00:25:38.56	8:15	24	00:26:08.83	8:24	22	00:27:23.88	8:49	23	00:27:34.43	8:52	22
	Lap 9 & 10	00:29:02.42	9:20	23	00:30:29.51	9:48	26						

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19	23/49	4/8	3374	Michael Hunter	M	56	Merrick	NY	10	00:26:54.61	04:29:06.16		
	Lap 1 to 4	00:26:17.63	8:27	27	00:26:39.99	8:34	29	00:25:19.23	8:08	25	00:25:30.91	8:12	25
	Lap 5 to 8	00:25:02.58	8:03	22	00:26:23.73	8:29	23	00:27:26.91	8:50	24	00:28:27.44	9:09	24
	Lap 9 & 10	00:28:26.12	9:09	20	00:29:31.62	9:30	23						
20	25/49	6/8	3356	Daniel Boline	M	37	New York	NY	10	00:27:36.86	04:36:08.66		
	Lap 1 to 4	00:26:52.84	8:39	31	00:27:09.23	8:44	33	00:26:20.38	8:28	28	00:26:03.82	8:23	28
	Lap 5 to 8	00:26:37.03	8:34	28	00:27:16.79	8:46	26	00:27:15.03	8:46	22	00:29:23.98	9:27	26
	Lap 9 & 10	00:30:51.57	9:55	27	00:28:17.98	9:06	20						
21	27/49	2/4	3351	Paul Arlt	M	61	Bridgewater	NJ	10	00:28:18.44	04:43:04.46		
	Lap 1 to 4	00:27:06.80	8:43	33	00:27:15.76	8:46	34	00:27:06.26	8:43	31	00:27:35.90	8:52	33
	Lap 5 to 8	00:27:48.50	8:57	31	00:29:05.93	9:21	31	00:28:34.56	9:11	26	00:28:35.00	9:11	25
	Lap 9 & 10	00:30:16.45	9:44	25	00:29:39.29	9:32	24						
22	28/49	7/8	3352	Frank Auletta	M	27	Deer Park	NY	10	00:28:51.59	04:48:35.93		
	Lap 1 to 4	00:26:49.28	8:37	30	00:27:00.86	8:41	31	00:27:38.67	8:53	34	00:27:16.81	8:46	29
	Lap 5 to 8	00:27:37.98	8:53	30	00:27:45.96	8:56	28	00:30:13.39	9:43	27	00:30:40.89	9:52	27
	Lap 9 & 10	00:33:37.72	10:49	30	00:29:54.36	9:37	25						
23	29/49	5/8	3362	Frank Colella	M	55	Scarsdale	NY	10	00:29:22.62	04:53:46.25		
	Lap 1 to 4	00:25:26.46	8:11	43	00:26:17.35	8:27	27	00:26:49.83	8:38	29	00:27:32.41	8:51	32
	Lap 5 to 8	00:28:46.59	9:15	32	00:30:51.52	9:55	32	00:30:49.43	9:55	28	00:31:45.99	10:13	29
	Lap 9 & 10	00:33:39.71	10:50	31	00:31:46.96	10:13	27						
24	30/49	3/5	3389	Bill Mullaney	M	52	Oakdale	NY	10	00:30:18.98	05:03:09.81		
	Lap 1 to 4	00:24:43.52	7:57	24	00:25:13.28	8:07	25	00:25:08.65	8:05	24	00:25:20.82	8:09	23
	Lap 5 to 8	00:26:00.27	8:22	25	00:27:15.39	8:46	25	00:31:35.99	10:10	30	00:40:45.95	13:07	44
	Lap 9 & 10	00:40:50.82	13:08	42	00:36:15.13	11:40	35						
25	31/49	1/1	3394	Roy Pirrung	M	69	Plymouth	WI	10	00:30:43.48	05:07:14.83		
	Lap 1 to 4	00:28:04.16	9:02	35	00:28:33.31	9:11	38	00:29:46.95	9:35	38	00:29:22.34	9:27	37
	Lap 5 to 8	00:30:02.38	9:40	36	00:30:53.52	9:56	33	00:31:29.04	10:07	29	00:32:08.14	10:20	30
	Lap 9 & 10	00:32:32.15	10:28	28	00:34:22.85	11:03	32						
26	32/49	3/4	3401	Marc Vengrove	M	61	Allentown	PA	10	00:30:47.53	05:07:55.30		
	Lap 1 to 4	00:27:06.11	8:43	32	00:27:46.02	8:56	36	00:27:56.33	8:59	36	00:28:06.43	9:02	35
	Lap 5 to 8	00:28:56.12	9:18	33	00:31:14.20	10:03	34	00:32:58.69	10:36	33	00:35:28.21	11:24	35
	Lap 9 & 10	00:34:54.87	11:14	32	00:33:28.33	10:46	28						
27	34/49	1/2	3404	Zeke Zucker	M	74	Jeffersonville	VT	10	00:31:41.30	05:16:53.00		
	Lap 1 to 4	00:29:17.62	9:25	40	00:29:57.72	9:38	40	00:31:57.55	10:17	39	00:31:10.30	10:01	38
	Lap 5 to 8	00:31:39.22	10:11	38	00:31:37.61	10:10	35	00:31:36.55	10:10	31	00:32:16.09	10:23	31
	Lap 9 & 10	00:33:17.54	10:42	29	00:34:02.79	10:57	31						
28	36/49	8/8	3367	Paul Dlug	M	36	Port Jefferson	NY	10	00:34:33.85	05:45:38.48		
	Lap 1 to 4	00:29:53.96	9:37	42	00:30:39.94	9:52	41	00:32:25.89	10:26	42	00:32:49.56	10:33	43
	Lap 5 to 8	00:34:00.49	10:56	42	00:35:25.28	11:24	41	00:37:27.73	12:03	40	00:38:45.38	12:28	38
	Lap 9 & 10	00:38:53.85	12:31	37	00:35:16.40	11:21	34						
29	37/49	4/5	3402	Bert Volland	M	54	Patchogue	NY	10	00:35:02.92	05:50:29.19		
	Lap 1 to 4	00:31:36.08	10:10	44	00:33:58.58	10:56	49	00:32:47.84	10:33	45	00:33:49.08	10:53	46
	Lap 5 to 8	00:35:18.85	11:21	46	00:35:32.80	11:26	42	00:35:16.03	11:21	35	00:35:02.59	11:16	34
	Lap 9 & 10	00:40:18.46	12:58	40	00:36:48.87	11:50	36						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Overall Results

March 4, 2018

Lap legend: (time, pace & place)

Male

Place	overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
30	38/49	6/8	3386	Jay Masten	M	59	Bohemia	NY	10	00:35:04.21	05:50:42.13		
	Lap 1 to 4	00:28:59.56	9:19	38	00:28:44.91	9:15	39	00:29:28.00	9:29	37	00:31:27.77	10:07	39
	Lap 5 to 8	00:33:16.37	10:42	40	00:34:59.53	11:15	40	00:38:10.60	12:17	41	00:41:59.26	13:30	46
	Lap 9 & 10	00:40:49.29	13:08	41	00:42:46.82	13:46	42						
31	40/49	7/8	3412	Eliot Lee	M	55	Croton On Hudson	NY	10	00:35:35.42	05:55:54.19		
	Lap 1 to 4	00:28:50.45	9:16	37	00:27:06.66	8:43	32	00:27:41.15	8:54	35	00:27:39.70	8:54	34
	Lap 5 to 8	00:30:29.41	9:48	37	00:34:30.52	11:06	39	00:41:41.03	13:24	46	00:43:19.09	13:56	47
	Lap 9 & 10	00:48:05.92	15:28	49	00:46:30.26	14:58	49						
32	43/49	8/8	3363	Ted Cowles	M	59	West Granby	CT	10	00:35:51.26	05:58:32.64		
	Lap 1 to 4	00:26:03.80	8:23	26	00:26:35.94	8:33	28	00:26:55.67	8:40	30	00:27:30.77	8:51	31
	Lap 5 to 8	00:29:45.63	9:34	35	00:36:57.57	11:53	44	00:44:34.88	14:20	48	00:44:22.86	14:17	48
	Lap 9 & 10	00:48:36.22	15:38	50	00:47:09.31	15:10	51						
33	45/49	2/2	3395	Al Prawda	M	70	Brooklyn	NY	10	00:36:30.08	06:05:00.84		
	Lap 1 to 4	00:31:36.47	10:10	45	00:33:03.41	10:38	48	00:33:50.38	10:53	47	00:34:20.28	11:03	48
	Lap 5 to 8	00:35:40.32	11:28	49	00:37:07.19	11:56	45	00:38:30.78	12:23	42	00:39:28.26	12:42	42
	Lap 9 & 10	00:37:37.40	12:06	36	00:43:46.35	14:05	44						
34	47/49	4/4	3411	Bill Gross	M	64		NY	10	00:38:09.52	06:21:35.27		
	Lap 1 to 4	00:36:37.27	11:47	51	00:31:36.41	10:10	46	00:32:06.73	10:20	40	00:33:18.82	10:43	44
	Lap 5 to 8	00:34:47.16	11:11	44	00:38:16.00	12:18	47	00:44:22.78	14:17	47	00:39:16.45	12:38	39
	Lap 9 & 10	00:45:45.03	14:43	47	00:45:28.62	14:38	46						
35	49/49	5/5	3376	Joe Jurczyk	M	53	Brecksville	OH	10	00:40:07.65	06:41:16.52		
	Lap 1 to 4	00:29:19.46	9:26	41	00:30:45.82	9:54	42	00:35:27.97	11:24	50	00:34:38.60	11:09	50
	Lap 5 to 8	00:39:22.30	12:40	51	00:42:35.92	13:42	51	00:47:09.26	15:10	50	00:52:07.01	16:46	51
	Lap 9 & 10	00:43:57.61	14:08	46	00:45:52.58	14:45	47						