

Caumsett Park 50K Championship and GLIRC 25K Run

50K Non-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	2/42	1/5	33	Elena Makovskaya	F	37	Hackensack	NJ	10	00:23:43.80	03:57:18.01		
	Lap 1 to 4	00:22:26.79	7:13	2	00:22:11.73	7:08	2	00:22:33.12	7:15	4	00:22:39.73	7:17	5
	Lap 5 to 8	00:23:27.17	7:32	4	00:24:01.07	7:43	4	00:24:15.31	7:48	2	00:25:20.82	8:09	4
	Lap 9 & 10	00:25:08.05	8:05	2	00:25:14.22	8:07	1						
2	4/42	2/5	37	Nadine Moors	F	39	Sayville	NY	10	00:24:27.54	04:04:35.40		
	Lap 1 to 4	00:22:47.65	7:20	3	00:22:19.66	7:11	4	00:22:19.64	7:11	3	00:22:35.79	7:16	3
	Lap 5 to 8	00:22:52.23	7:21	2	00:24:23.14	7:50	5	00:24:39.75	7:56	4	00:25:55.29	8:20	6
	Lap 9 & 10	00:26:49.34	8:37	4	00:29:52.91	9:37	8						
3	9/42	3/5	48	Indira Schwarting	F	35	Southold	NY	10	00:27:32.70	04:35:27.04		
	Lap 1 to 4	00:25:26.74	8:11	10	00:26:19.14	8:28	15	00:27:04.26	8:42	16	00:27:06.87	8:43	14
	Lap 5 to 8	00:28:46.77	9:15	18	00:26:55.83	8:40	10	00:29:18.00	9:25	9	00:27:07.98	8:43	8
	Lap 9 & 10	00:28:04.58	9:02	7	00:29:16.88	9:25	5						
4	15/42	1/2	26	Suzanne Irvan	F	43	Downingtown	PA	10	00:29:52.23	04:58:42.30		
	Lap 1 to 4	00:24:24.24	7:51	8	00:25:24.85	8:10	11	00:25:55.32	8:20	11	00:27:05.78	8:43	13
	Lap 5 to 8	00:27:47.66	8:56	13	00:29:39.81	9:32	17	00:31:16.71	10:04	17	00:32:03.75	10:19	14
	Lap 9 & 10	00:38:52.19	12:30	28	00:36:11.99	11:39	22						
5	17/42	2/2	54	Tina Vaccarella	F	42	Cutchogue	NY	10	00:30:23.60	05:03:56.06		
	Lap 1 to 4	00:25:26.94	8:11	11	00:26:19.02	8:28	14	00:27:04.17	8:42	15	00:27:06.87	8:43	15
	Lap 5 to 8	00:27:52.35	8:58	14	00:29:36.86	9:31	16	00:30:31.31	9:49	13	00:37:55.10	12:12	28
	Lap 9 & 10	00:33:16.95	10:42	14	00:38:46.49	12:28	30						
6	24/42	1/1	1	Ekaterina Aaron	F	20	Clarence	NY	10	00:31:58.86	05:19:48.61		
	Lap 1 to 4	00:29:08.06	9:22	27	00:27:40.78	8:54	22	00:27:51.09	8:57	20	00:27:53.36	8:58	19
	Lap 5 to 8	00:30:50.11	9:55	28	00:30:02.31	9:40	18	00:31:09.34	10:01	16	00:33:10.75	10:40	16
	Lap 9 & 10	00:45:27.57	14:37	37	00:36:35.24	11:46	24						
7	28/42	4/5	23	Cortney Harding	F	37	Brooklyn	NY	10	00:32:45.99	05:27:39.88		
	Lap 1 to 4	00:29:03.31	9:21	25	00:30:50.43	9:55	30	00:32:16.00	10:23	34	00:32:38.55	10:30	33
	Lap 5 to 8	00:34:38.65	11:09	35	00:32:24.26	10:25	27	00:31:19.75	10:05	18	00:34:13.74	11:01	22
	Lap 9 & 10	00:34:43.08	11:10	16	00:35:32.11	11:26	20						
8	29/42	1/1	51	Emmy Stocker	F	59	Cos Cob	CT	10	00:33:04.52	05:30:45.20		
	Lap 1 to 4	00:32:48.88	10:33	37	00:31:16.59	10:03	33	00:31:41.54	10:12	31	00:32:47.40	10:33	34
	Lap 5 to 8	00:33:14.45	10:41	32	00:34:45.47	11:11	30	00:35:06.60	11:18	27	00:34:07.71	10:59	21
	Lap 9 & 10	00:32:53.64	10:35	13	00:32:02.91	10:18	11						
9	30/42	5/5	36	Tricia Miller	F	38	New York	NY	10	00:33:59.79	05:39:57.91		
	Lap 1 to 4	00:31:21.65	10:05	34	00:30:53.17	9:56	31	00:31:07.71	10:01	29	00:31:47.46	10:13	30
	Lap 5 to 8	00:33:58.26	10:56	33	00:35:53.25	11:33	32	00:36:29.87	11:44	30	00:37:39.60	12:07	27
	Lap 9 & 10	00:36:53.10	11:52	22	00:33:53.84	10:54	17						
10	33/42	1/1	43	Cheri Pompeo	F	65	Woodinville	WA	10	00:36:24.62	06:04:06.23		
	Lap 1 to 4	00:35:17.24	11:21	38	00:35:25.19	11:24	39	00:34:40.50	11:09	39	00:34:45.69	11:11	36
	Lap 5 to 8	00:35:01.85	11:16	37	00:36:06.10	11:37	33	00:37:28.60	12:03	33	00:38:14.85	12:18	30
	Lap 9 & 10	00:37:37.51	12:06	24	00:39:28.70	12:42	32						
11	41/42	1/2	32	Jessica Lyons	F	32	Bayonne	NJ	10	00:40:45.94	06:47:39.37		
	Lap 1 to 4	00:30:33.14	9:50	30	00:31:53.46	10:15	34	00:34:04.40	10:57	37	00:35:31.85	11:26	38
	Lap 5 to 8	00:39:39.32	12:45	44	00:43:17.77	13:56	44	00:47:13.01	15:11	42	00:45:35.47	14:40	40
	Lap 9 & 10	00:48:27.69	15:35	42	00:51:23.26	16:32	44						

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50K Non-Championship

Overall Results

March 4, 2018

Lap legend: (time, pace & place)

Female

Place	overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
12	42/42	2/2	22	Stalina Gibson	F	34	New York	NY	10	00:40:48.13	06:48:01.31		
	Lap 1 to 4	00:37:40.58	12:07	41	00:37:35.01	12:05	42	00:38:03.35	12:14	43	00:38:21.43	12:20	44
	Lap 5 to 8	00:38:35.84	12:25	41	00:39:58.54	12:51	41	00:41:03.53	13:12	37	00:44:08.33	14:12	37
	Lap 9 & 10	00:45:03.70	14:30	36	00:47:31.00	15:17	42						

Male

Place	overall Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
1	1/42	1/7	42	Seamus Pender	M	45	Maspeth	NY	10	00:23:16.12	03:52:41.22		
	Lap 1 to 4	00:23:06.52	7:26	4	00:22:15.35	7:09	3	00:22:06.43	7:06	2	00:21:59.69	7:04	1
	Lap 5 to 8	00:22:14.35	7:09	1	00:22:50.03	7:20	1	00:23:41.28	7:37	1	00:24:13.58	7:47	2
	Lap 9 & 10	00:24:58.34	8:02	1	00:25:15.67	8:07	2						
2	3/42	1/2	14	Mina Ebrahem	M	29	Ridgewood	NY	10	00:24:07.03	04:01:10.33		
	Lap 1 to 4	00:23:26.38	7:32	6	00:22:33.23	7:15	5	00:22:51.26	7:21	5	00:22:39.50	7:17	4
	Lap 5 to 8	00:22:55.22	7:22	3	00:23:21.63	7:31	2	00:24:50.97	7:59	5	00:25:34.67	8:13	5
	Lap 9 & 10	00:26:49.48	8:38	5	00:26:08.01	8:24	3						
3	5/42	2/7	13	Ray Downes	M	47	Huntington	NY	10	00:25:15.40	04:12:34.05		
	Lap 1 to 4	00:23:23.95	7:31	5	00:23:27.91	7:33	6	00:23:45.95	7:38	6	00:23:27.31	7:32	6
	Lap 5 to 8	00:23:41.34	7:37	5	00:23:52.41	7:41	3	00:24:29.99	7:53	3	00:24:39.83	7:56	3
	Lap 9 & 10	00:29:20.90	9:26	8	00:32:24.46	10:25	13						
4	6/42	2/2	47	Scott Scheinson	M	27	Cedarhurst	NY	10	00:25:50.74	04:18:27.40		
	Lap 1 to 4	00:25:59.55	8:21	14	00:25:48.43	8:18	12	00:25:32.66	8:13	8	00:25:26.99	8:11	8
	Lap 5 to 8	00:25:41.46	8:16	8	00:24:41.33	7:56	6	00:24:52.19	8:00	6	00:23:58.35	7:42	1
	Lap 9 & 10	00:26:33.90	8:33	3	00:29:52.54	9:36	7						
5	7/42	1/3	24	Matt Herrschaft	M	34	Bayport	NY	10	00:26:24.04	04:24:00.41		
	Lap 1 to 4	00:21:34.55	6:56	1	00:21:22.47	6:52	1	00:21:31.52	6:55	1	00:22:23.86	7:12	2
	Lap 5 to 8	00:24:31.47	7:53	7	00:25:34.02	8:13	7	00:31:00.53	9:58	15	00:31:29.93	10:08	13
	Lap 9 & 10	00:33:45.97	10:52	15	00:30:46.09	9:54	9						
6	8/42	3/7	52	Gerald Tabios	M	48	Elmhurst	NY	10	00:27:14.44	04:32:24.44		
	Lap 1 to 4	00:24:44.05	7:57	9	00:25:24.72	8:10	10	00:25:35.84	8:14	10	00:26:01.86	8:22	10
	Lap 5 to 8	00:26:13.97	8:26	9	00:26:53.46	8:39	9	00:27:27.33	8:50	8	00:30:17.46	9:44	9
	Lap 9 & 10	00:29:54.01	9:37	9	00:29:51.73	9:36	6						
7	10/42	1/6	21	Shawn Garbien	M	40	Port Washington	NY	10	00:27:36.27	04:36:02.74		
	Lap 1 to 4	00:26:28.80	8:31	15	00:27:40.99	8:54	23	00:28:17.26	9:06	21	00:27:25.95	8:49	18
	Lap 5 to 8	00:27:53.00	8:58	15	00:27:49.39	8:57	12	00:26:44.38	8:36	7	00:27:05.32	8:43	7
	Lap 9 & 10	00:27:43.57	8:55	6	00:28:54.08	9:18	4						
8	11/42	4/7	56	Matthew Wisner	M	46	Montville	NJ	10	00:28:45.00	04:47:30.00		
	Lap 1 to 4	00:23:42.83	7:37	7	00:24:09.40	7:46	7	00:24:25.85	7:51	7	00:24:39.17	7:56	7
	Lap 5 to 8	00:24:26.93	7:52	6	00:26:24.91	8:30	8	00:29:57.29	9:38	12	00:34:35.68	11:08	23
	Lap 9 & 10	00:42:53.27	13:48	34	00:32:14.68	10:22	12						
9	12/42	1/3	6	Christopher Boundy	M	39	Coram	NY	10	00:29:21.94	04:53:39.44		
	Lap 1 to 4	00:28:09.56	9:03	23	00:27:35.81	8:52	21	00:27:47.01	8:56	19	00:29:02.67	9:20	24
	Lap 5 to 8	00:27:42.58	8:55	11	00:29:09.02	9:22	14	00:29:36.89	9:31	10	00:30:59.07	9:58	12
	Lap 9 & 10	00:31:08.53	10:01	10	00:32:28.31	10:27	14						

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Male

Place	overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
10	13/42	2/3	50	Kemani Smith	M	37	New York	NY	10	00:29:27.15	04:54:31.54		
	Lap 1 to 4	00:26:33.80	8:32	16	00:27:27.33	8:50	20	00:27:44.83	8:55	18	00:28:49.33	9:16	23
	Lap 5 to 8	00:28:20.52	9:07	17	00:29:23.88	9:27	15	00:33:09.01	10:40	23	00:30:42.67	9:53	10
	Lap 9 & 10	00:31:26.49	10:07	11	00:30:53.67	9:56	10						
11	14/42	5/7	46	Gregory Roslonowski	M	45	Bellerose	NY	10	00:29:50.80	04:58:27.97		
	Lap 1 to 4	00:28:03.55	9:01	22	00:28:00.26	9:00	24	00:29:21.59	9:26	26	00:28:07.37	9:03	21
	Lap 5 to 8	00:29:04.77	9:21	19	00:28:52.65	9:17	13	00:29:45.85	9:34	11	00:30:51.30	9:55	11
	Lap 9 & 10	00:32:43.58	10:31	12	00:33:37.05	10:49	16						
12	16/42	2/6	53	Robert Tucci	M	44	Manorville	NY	10	00:30:18.84	05:03:08.39		
	Lap 1 to 4	00:25:44.99	8:17	13	00:26:20.13	8:28	17	00:27:10.58	8:44	17	00:28:18.33	9:06	22
	Lap 5 to 8	00:29:25.83	9:28	20	00:31:18.01	10:04	23	00:33:32.66	10:47	24	00:33:49.51	10:53	20
	Lap 9 & 10	00:34:58.06	11:15	18	00:32:30.29	10:27	15						
13	18/42	2/3	39	Tamas Nagy	M	34	Bayville	NY	10	00:30:28.33	05:04:43.31		
	Lap 1 to 4	00:27:03.28	8:42	18	00:26:20.04	8:28	16	00:26:22.81	8:29	12	00:26:43.13	8:35	11
	Lap 5 to 8	00:27:47.49	8:56	12	00:30:13.33	9:43	19	00:34:48.12	11:12	26	00:32:23.59	10:25	15
	Lap 9 & 10	00:36:39.10	11:47	20	00:36:22.41	11:42	23						
14	19/42	3/6	17	Zoltan Feledy	M	44	Centerport	NY	10	00:30:48.12	05:08:01.17		
	Lap 1 to 4	00:25:44.05	8:16	12	00:26:02.57	8:22	13	00:25:34.82	8:13	9	00:25:27.95	8:11	9
	Lap 5 to 8	00:27:59.82	9:00	16	00:30:42.70	9:53	21	00:35:22.48	11:23	28	00:35:57.49	11:34	25
	Lap 9 & 10	00:37:46.03	12:09	25	00:37:23.27	12:02	26						
15	20/42	4/6	49	Matthew Semon	M	44	Melville	NY	10	00:31:15.15	05:12:31.53		
	Lap 1 to 4	00:26:54.37	8:39	17	00:29:07.00	9:22	26	00:29:26.60	9:28	27	00:29:52.77	9:37	26
	Lap 5 to 8	00:30:44.57	9:53	27	00:31:46.35	10:13	25	00:30:46.58	9:54	14	00:33:20.78	10:43	17
	Lap 9 & 10	00:34:43.51	11:10	17	00:35:48.99	11:31	21						
16	21/42	1/3	40	Bob Oberkhr	M	63	Northvale	NY	10	00:31:34.86	05:15:48.59		
	Lap 1 to 4	00:28:10.28	9:04	24	00:28:33.49	9:11	25	00:29:00.44	9:20	22	00:29:14.21	9:24	25
	Lap 5 to 8	00:30:04.58	9:40	22	00:31:32.12	10:08	24	00:31:40.03	10:11	19	00:33:46.74	10:52	18
	Lap 9 & 10	00:36:52.17	11:51	21	00:36:54.53	11:52	25						
17	22/42	6/7	44	Terrence Pricher	M	48	Marblehead	MA	10	00:31:52.92	05:18:49.22		
	Lap 1 to 4	00:27:05.06	8:43	20	00:25:05.65	8:04	8	00:29:15.86	9:25	24	00:27:09.53	8:44	16
	Lap 5 to 8	00:30:33.50	9:50	25	00:37:50.51	12:10	39	00:33:55.92	10:55	25	00:38:14.14	12:18	29
	Lap 9 & 10	00:35:00.60	11:16	19	00:34:38.46	11:08	18						
18	23/42	7/7	8	Eric Bruno	M	48	Shirley	NY	10	00:31:53.00	05:18:50.03		
	Lap 1 to 4	00:27:05.05	8:43	19	00:25:05.82	8:04	9	00:29:15.58	9:25	23	00:27:10.05	8:44	17
	Lap 5 to 8	00:30:34.36	9:50	26	00:37:48.83	12:10	38	00:33:03.36	10:38	22	00:36:16.71	11:40	26
	Lap 9 & 10	00:37:50.75	12:10	26	00:34:39.52	11:09	19						
19	25/42	1/4	62	Chih-Kao Hu	M	53	Great Neck	NY	10	00:32:17.40	05:22:54.06		
	Lap 1 to 4	00:30:34.06	9:50	31	00:29:44.24	9:34	27	00:29:17.92	9:25	25	00:29:58.43	9:38	28
	Lap 5 to 8	00:29:46.57	9:35	21	00:31:00.75	9:58	22	00:32:15.09	10:22	21	00:33:47.76	10:52	19
	Lap 9 & 10	00:38:10.74	12:17	27	00:38:18.49	12:19	28						
20	26/42	3/3	60	Ibar Dinampo	M	32		NJ	10	00:32:30.64	05:25:06.37		
	Lap 1 to 4	00:30:15.51	9:44	28	00:30:27.55	9:48	28	00:29:59.00	9:39	28	00:29:57.68	9:38	27
	Lap 5 to 8	00:30:16.16	9:44	23	00:30:29.63	9:48	20	00:31:43.41	10:12	20	00:35:50.67	11:32	24
	Lap 9 & 10	00:37:21.15	12:01	23	00:38:45.60	12:28	29						

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Lap legend: (time, pace & place)

Male

Place	overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Laps	Ave Lap Time	Time		
21	27/42	1/2	18	Tod Fichtelberg	M	59	Kings Park	NY	10	00:32:34.70	05:25:47.06		
	Lap 1 to 4	00:27:45.05	8:55	21	00:27:22.33	8:48	19	00:26:57.13	8:40	13	00:27:04.05	8:42	12
	Lap 5 to 8	00:27:07.11	8:43	10	00:27:47.99	8:56	11	00:36:56.37	11:53	31	00:42:44.62	13:45	35
	Lap 9 & 10	00:41:20.71	13:18	32	00:40:41.69	13:05	33						
22	31/42	2/3	2	John Abbate	M	62	Yorktown Heights	NY	10	00:35:35.44	05:55:54.39		
	Lap 1 to 4	00:29:04.56	9:21	26	00:27:03.32	8:42	18	00:27:04.03	8:42	14	00:28:06.06	9:02	20
	Lap 5 to 8	00:30:29.84	9:48	24	00:34:29.90	11:06	29	00:41:25.56	13:19	38	00:43:34.95	14:01	36
	Lap 9 & 10	00:48:07.12	15:29	41	00:46:29.05	14:57	38						
23	32/42	2/4	20	Michael Fred	M	52	Wantagh	NY	10	00:35:36.94	05:56:09.45		
	Lap 1 to 4	00:31:53.57	10:15	35	00:30:46.34	9:54	29	00:31:19.35	10:04	30	00:31:27.33	10:07	29
	Lap 5 to 8	00:32:52.55	10:34	31	00:32:03.58	10:19	26	00:36:57.32	11:53	32	00:40:08.15	12:55	32
	Lap 9 & 10	00:41:56.76	13:30	33	00:46:44.52	15:02	40						
24	34/42	2/2	9	Jeff Butler	M	58	Shoreham	NY	10	00:36:49.13	06:08:11.27		
	Lap 1 to 4	00:30:22.00	9:46	29	00:32:36.41	10:29	36	00:32:33.56	10:28	35	00:33:13.88	10:41	35
	Lap 5 to 8	00:34:25.60	11:04	34	00:37:06.65	11:56	36	00:40:32.76	13:02	35	00:40:57.29	13:10	34
	Lap 9 & 10	00:40:29.47	13:01	30	00:45:53.67	14:46	37						
25	35/42	3/3	28	Todd Lesser	M	35	Aberdeen	NJ	10	00:36:55.15	06:09:11.49		
	Lap 1 to 4	00:30:53.82	9:56	32	00:31:09.02	10:01	32	00:31:55.59	10:16	32	00:31:52.74	10:15	31
	Lap 5 to 8	00:32:34.24	10:28	30	00:35:44.76	11:30	31	00:40:50.09	13:08	36	00:45:58.74	14:47	41
	Lap 9 & 10	00:43:26.12	13:58	35	00:44:46.37	14:24	35						
26	36/42	3/4	25	Anthony lafrate	M	54	Islip	NY	10	00:37:07.40	06:11:13.99		
	Lap 1 to 4	00:36:42.79	11:48	40	00:35:47.06	11:31	40	00:35:20.79	11:22	40	00:35:31.97	11:26	39
	Lap 5 to 8	00:35:25.62	11:24	38	00:37:40.35	12:07	37	00:36:02.22	11:35	29	00:39:43.23	12:47	31
	Lap 9 & 10	00:40:07.10	12:54	29	00:38:52.86	12:30	31						
27	37/42	4/4	4	Ray Beckett	M	52	Great Neck	NY	10	00:37:56.85	06:19:28.50		
	Lap 1 to 4	00:32:07.07	10:20	36	00:32:23.09	10:25	35	00:32:10.34	10:21	33	00:32:28.91	10:27	32
	Lap 5 to 8	00:32:33.63	10:28	29	00:36:10.16	11:38	34	00:44:11.09	14:13	40	00:46:30.98	14:58	42
	Lap 9 & 10	00:45:53.84	14:46	39	00:44:59.38	14:28	36						
28	38/42	3/3	12	Lee Dickey	M	64	Danvers	MA	10	00:39:11.40	06:31:53.99		
	Lap 1 to 4	00:40:24.91	13:00	44	00:37:54.03	12:11	45	00:37:52.76	12:11	42	00:37:24.45	12:02	42
	Lap 5 to 8	00:37:10.09	11:57	40	00:38:06.87	12:16	40	00:38:45.36	12:28	34	00:40:13.86	12:56	33
	Lap 9 & 10	00:41:12.64	13:15	31	00:42:49.02	13:46	34						
29	39/42	5/6	27	Alberto Leal	M	42	Brentwood	NY	10	00:40:24.61	06:44:06.09		
	Lap 1 to 4	00:40:44.59	13:06	45	00:37:30.42	12:04	41	00:37:00.79	11:54	41	00:36:56.05	11:53	40
	Lap 5 to 8	00:36:59.90	11:54	39	00:36:17.10	11:40	35	00:48:56.10	15:44	43	00:45:33.03	14:39	39
	Lap 9 & 10	00:45:51.32	14:45	38	00:38:16.78	12:19	27						
30	40/42	6/6	31	Albert Lione	M	44	Shelton	CT	10	00:40:28.16	06:44:41.57		
	Lap 1 to 4	00:30:59.29	9:58	33	00:33:23.87	10:44	37	00:34:34.31	11:07	38	00:37:26.75	12:03	43
	Lap 5 to 8	00:39:25.26	12:41	43	00:41:00.44	13:11	42	00:43:52.20	14:07	39	00:45:10.04	14:32	38
	Lap 9 & 10	00:49:30.80	15:56	44	00:49:18.62	15:52	43						