

# Ocean To Sound 50 Mile Relay

September 22, 2019

## Overall Division Results

### Relay Team

### Men's Open

| Place | No. | Name                                 | ---- LEG 1, 4 and 7 ---- |     |      | --- LEG 2, 5 and 8 --- |     |      | ---- LEG 3 and 6 ---- |     |      | Pace | Total Time |
|-------|-----|--------------------------------------|--------------------------|-----|------|------------------------|-----|------|-----------------------|-----|------|------|------------|
|       |     |                                      | Time                     | Plc | Pace | Time                   | Plc | Pace | Time                  | Plc | Pace |      |            |
| 1     | 14  | Sayville-Smithtown Running Co - Blue | 00:33:05                 | 2   | 5:36 | 00:36:11               | 2   | 5:58 | 00:32:27              | 1   | 5:12 | 5:35 | 04:36:46.5 |
|       |     |                                      | 00:32:47                 | 2   | 5:38 | 00:33:01               | 1   | 5:26 | 00:35:20              | 3   | 5:53 |      |            |
|       |     |                                      | 00:41:19                 | 3   | 5:39 | 00:32:42               | 1   | 5:15 |                       |     |      |      |            |
| 2     | 4   | elitefeats men                       | 00:32:41                 | 1   | 5:32 | 00:35:51               | 1   | 5:54 | 00:34:51              | 2   | 5:36 | 5:41 | 04:42:07.5 |
|       |     |                                      | 00:32:11                 | 1   | 5:32 | 00:33:06               | 2   | 5:27 | 00:33:50              | 2   | 5:38 |      |            |
|       |     |                                      | 00:40:47                 | 2   | 5:35 | 00:38:53               | 6   | 6:15 |                       |     |      |      |            |
| 3     | 19  | West Point - Gold                    | 00:34:39                 | 3   | 5:52 | 00:36:39               | 3   | 6:02 | 00:45:17              | 18  | 7:16 | 6:36 | 05:27:20.9 |
|       |     |                                      | 00:40:21                 | 9   | 6:57 | 00:53:08               | 50  | 8:45 | 00:33:33              | 1   | 5:35 |      |            |
|       |     |                                      | 00:47:18                 | 8   | 6:28 | 00:36:30               | 3   | 5:51 |                       |     |      |      |            |

### Women's Open

| Place | No. | Name             | ---- LEG 1, 4 and 7 ---- |     |       | --- LEG 2, 5 and 8 --- |     |      | ---- LEG 3 and 6 ---- |     |      | Pace | Total Time |
|-------|-----|------------------|--------------------------|-----|-------|------------------------|-----|------|-----------------------|-----|------|------|------------|
|       |     |                  | Time                     | Plc | Pace  | Time                   | Plc | Pace | Time                  | Plc | Pace |      |            |
| 1     | 22  | elitefeats women | 00:35:23                 | 5   | 5:59  | 00:40:06               | 8   | 6:36 | 00:38:57              | 5   | 6:15 | 6:17 | 05:11:26.6 |
|       |     |                  | 00:35:59                 | 3   | 6:12  | 00:37:33               | 4   | 6:11 | 00:39:13              | 9   | 6:32 |      |            |
|       |     |                  | 00:44:44                 | 4   | 6:07  | 00:39:36               | 7   | 6:21 |                       |     |      |      |            |
| 2     | 26  | She Devil's      | 00:53:40                 | 64  | 9:05  | 00:55:27               | 51  | 9:08 | 00:53:55              | 48  | 8:40 | 8:40 | 07:10:04.5 |
|       |     |                  | 00:58:01                 | 72  | 10:00 | 00:55:39               | 58  | 9:10 | 00:47:15              | 31  | 7:52 |      |            |
|       |     |                  | 01:00:02                 | 40  | 8:13  | 00:46:10               | 25  | 7:25 |                       |     |      |      |            |
| 3     | 21  | #squadgoals      | 00:55:28                 | 70  | 9:23  | 00:51:53               | 40  | 8:33 | 00:56:38              | 62  | 9:06 | 9:15 | 07:38:42.6 |
|       |     |                  | 00:52:31                 | 48  | 9:03  | 00:59:35               | 69  | 9:49 | 00:54:13              | 59  | 9:02 |      |            |
|       |     |                  | 01:10:24                 | 79  | 9:38  | 00:58:03               | 69  | 9:19 |                       |     |      |      |            |

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## Overall Division Results

Relay Team

### Mixed Open

| Place | No. | Name                          | --- LEG 1, 4 and 7 --- |     |      | --- LEG 2, 5 and 8 --- |     |       | ---- LEG 3 and 6 ---- |     |      | Pace | Total Time |
|-------|-----|-------------------------------|------------------------|-----|------|------------------------|-----|-------|-----------------------|-----|------|------|------------|
|       |     |                               | Time                   | Plc | Pace | Time                   | Plc | Pace  | Time                  | Plc | Pace |      |            |
| 1     | 66  | West Point - Black            | 00:39:44               | 13  | 6:44 | 00:40:21               | 9   | 6:39  | 00:44:31              | 14  | 7:09 | 6:53 | 05:41:37.8 |
|       |     |                               | 00:39:25               | 8   | 6:47 | 01:00:37               | 70  | 10:00 | 00:35:29              | 4   | 5:54 |      |            |
|       |     |                               | 00:45:20               | 5   | 6:12 | 00:36:14               | 2   | 5:49  |                       |     |      |      |            |
| 2     | 27  | #peacelovetealsteel           | 00:44:32               | 26  | 7:32 | 00:51:23               | 38  | 8:28  | 00:48:17              | 28  | 7:45 | 7:34 | 06:15:46.4 |
|       |     |                               | 00:45:34               | 20  | 7:51 | 00:45:58               | 16  | 7:34  | 00:41:41              | 12  | 6:56 |      |            |
|       |     |                               | 00:53:16               | 21  | 7:17 | 00:45:10               | 17  | 7:15  |                       |     |      |      |            |
| 3     | 33  | Drinkers with a Relay Problem | 00:48:07               | 38  | 8:09 | 00:44:29               | 14  | 7:20  | 00:47:11              | 25  | 7:35 | 7:48 | 06:27:18.3 |
|       |     |                               | 00:53:44               | 56  | 9:15 | 00:46:09               | 17  | 7:36  | 00:48:38              | 39  | 8:06 |      |            |
|       |     |                               | 00:54:23               | 25  | 7:26 | 00:44:42               | 15  | 7:11  |                       |     |      |      |            |

### Men's Masters

| Place | No. | Name   | --- LEG 1, 4 and 7 --- |     |      | --- LEG 2, 5 and 8 --- |     |      | ---- LEG 3 and 6 ---- |     |      | Pace | Total Time |
|-------|-----|--|------------------------|-----|------|------------------------|-----|------|-----------------------|-----|------|------|------------|
|       |     |  | Time                   | Plc | Pace | Time                   | Plc | Pace | Time                  | Plc | Pace |      |            |
| 1     | 71  | Sayville-Smithtown Running Co. - Men's Masters | 00:40:23               | 15  | 6:50 | 00:38:32               | 5   | 6:21 | 00:41:15              | 6   | 6:37 | 6:33 | 05:24:49.8 |
|       |     |  | 00:40:27               | 10  | 6:58 | 00:35:41               | 3   | 5:53 | 00:40:37              | 11  | 6:46 |      |            |
|       |     |  | 00:48:19               | 11  | 6:37 | 00:39:40               | 8   | 6:22 |                       |     |      |      |            |
| 2     | 68  | Boston Buddies                                 | 00:46:58               | 35  | 7:57 | 00:49:01               | 30  | 8:05 | 00:47:16              | 26  | 7:35 | 7:22 | 06:05:44.2 |
|       |     |  | 00:42:32               | 13  | 7:19 | 00:38:31               | 6   | 6:21 | 00:45:12              | 23  | 7:31 |      |            |
|       |     |  | 00:47:57               | 9   | 6:34 | 00:48:21               | 31  | 7:46 |                       |     |      |      |            |
| 3     | 72  | Team RVC                                       | 00:51:56               | 52  | 8:48 | 00:59:36               | 65  | 9:50 | 00:55:44              | 58  | 8:57 | 8:44 | 07:13:38.3 |
|       |     |  | 00:50:27               | 40  | 8:41 | 00:47:03               | 23  | 7:45 | 00:53:15              | 56  | 8:52 |      |            |
|       |     |  | 00:54:02               | 22  | 7:23 | 01:01:40               | 79  | 9:54 |                       |     |      |      |            |

### Women's Masters

| Place | No. | Name                | --- LEG 1, 4 and 7 --- |     |      | --- LEG 2, 5 and 8 --- |     |      | ---- LEG 3 and 6 ---- |     |       | Pace | Total Time |
|-------|-----|---------------------|------------------------|-----|------|------------------------|-----|------|-----------------------|-----|-------|------|------------|
|       |     |                     | Time                   | Plc | Pace | Time                   | Plc | Pace | Time                  | Plc | Pace  |      |            |
| 1     | 97  | Fab-Abs             | 00:37:27               | 10  | 6:20 | 00:47:14               | 22  | 7:47 | 00:49:09              | 33  | 7:54  | 7:39 | 06:19:49.0 |
|       |     |                     | 00:46:11               | 22  | 7:57 | 00:42:29               | 9   | 7:00 | 00:42:43              | 13  | 7:07  |      |            |
|       |     |                     | 01:08:37               | 73  | 9:23 | 00:46:03               | 23  | 7:24 |                       |     |       |      |            |
| 2     | 73  | NRC Udderly Awesome | 00:58:51               | 82  | 9:58 | 00:47:45               | 24  | 7:52 | 00:56:36              | 61  | 9:05  | 9:08 | 07:33:06.5 |
|       |     |                     | 00:46:32               | 26  | 8:01 | 00:57:07               | 62  | 9:25 | 01:00:16              | 80  | 10:02 |      |            |
|       |     |                     | 01:05:08               | 63  | 8:55 | 01:00:56               | 75  | 9:47 |                       |     |       |      |            |

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September 22, 2019

## Overall Division Results

### Relay Team

### Mixed Masters

| Place | No. | Name                          | ---- LEG 1, 4 and 7 ---- |     |       | --- LEG 2, 5 and 8 --- |     |      | ----- LEG 3 and 6 ----- |     |      | Pace | Total Time |
|-------|-----|-------------------------------|--------------------------|-----|-------|------------------------|-----|------|-------------------------|-----|------|------|------------|
|       |     |                               | Time                     | Plc | Pace  | Time                   | Plc | Pace | Time                    | Plc | Pace |      |            |
| 1     | 74  | Alley Pond Striders All Stars | 00:41:57                 | 20  | 7:06  | 00:54:24               | 48  | 8:58 | 00:51:44                | 41  | 8:18 | 7:31 | 06:13:17.7 |
|       |     |                               | 00:43:11                 | 15  | 7:26  | 00:43:53               | 12  | 7:14 | 00:45:46                | 25  | 7:37 |      |            |
|       |     |                               | 00:51:24                 | 18  | 7:02  | 00:41:02               | 10  | 6:35 |                         |     |      |      |            |
| 2     | 78  | Third Eyes                    | 00:46:57                 | 34  | 7:57  | 00:58:20               | 63  | 9:37 | 00:45:38                | 20  | 7:20 | 7:56 | 06:33:53.8 |
|       |     |                               | 00:49:45                 | 36  | 8:34  | 00:45:39               | 15  | 7:31 | 00:47:30                | 34  | 7:54 |      |            |
|       |     |                               | 00:54:31                 | 26  | 7:28  | 00:45:37               | 21  | 7:19 |                         |     |      |      |            |
| 3     | 76  | Lost In Pace                  | 01:05:09                 | 90  | 11:02 | 00:47:31               | 23  | 7:50 | 00:50:44                | 37  | 8:09 | 8:32 | 07:03:21.4 |
|       |     |                               | 00:48:56                 | 33  | 8:26  | 00:45:03               | 14  | 7:25 | 00:52:37                | 53  | 8:46 |      |            |
|       |     |                               | 01:01:24                 | 45  | 8:24  | 00:52:03               | 41  | 8:22 |                         |     |      |      |            |

### Men's Senior Masters

| Place | No. | Name                                | ---- LEG 1, 4 and 7 ---- |     |      | --- LEG 2, 5 and 8 --- |     |       | ----- LEG 3 and 6 ----- |     |      | Pace | Total Time |
|-------|-----|-------------------------------------|--------------------------|-----|------|------------------------|-----|-------|-------------------------|-----|------|------|------------|
|       |     |                                     | Time                     | Plc | Pace | Time                   | Plc | Pace  | Time                    | Plc | Pace |      |            |
| 1     | 84  | NRC Sr. Masters                     | 00:44:54                 | 27  | 7:36 | 01:04:40               | 87  | 10:40 | 00:43:25                | 9   | 6:58 | 8:12 | 06:47:02.3 |
|       |     |                                     | 00:51:10                 | 43  | 8:49 | 00:51:40               | 43  | 8:31  | 00:43:01                | 14  | 7:10 |      |            |
|       |     |                                     | 00:57:37                 | 31  | 7:53 | 00:50:41               | 36  | 8:08  |                         |     |      |      |            |
| 2     | 83  | Massapequa Road Runners Seniors     | 00:45:34                 | 29  | 7:43 | 00:52:36               | 44  | 8:40  | 00:54:14                | 51  | 8:43 | 8:29 | 07:00:30.8 |
|       |     |                                     | 00:47:40                 | 31  | 8:13 | 00:49:03               | 36  | 8:05  | 00:57:31                | 74  | 9:35 |      |            |
|       |     |                                     | 01:00:45                 | 42  | 8:19 | 00:53:11               | 47  | 8:33  |                         |     |      |      |            |
| 3     | 80  | Bohemia Track Club Senior Roadsters | 00:56:08                 | 73  | 9:30 | 00:56:39               | 55  | 9:20  | 00:49:50                | 36  | 8:00 | 8:38 | 07:08:15.9 |
|       |     |                                     | 00:51:18                 | 44  | 8:50 | 00:48:32               | 34  | 8:00  | 00:46:08                | 26  | 7:41 |      |            |
|       |     |                                     | 01:05:32                 | 64  | 8:58 | 00:54:12               | 54  | 8:42  |                         |     |      |      |            |

### Women's Senior Masters

| Place | No. | Name               | ---- LEG 1, 4 and 7 ---- |     |       | --- LEG 2, 5 and 8 --- |     |       | ----- LEG 3 and 6 ----- |     |      | Pace | Total Time |
|-------|-----|--------------------|--------------------------|-----|-------|------------------------|-----|-------|-------------------------|-----|------|------|------------|
|       |     |                    | Time                     | Plc | Pace  | Time                   | Plc | Pace  | Time                    | Plc | Pace |      |            |
| 1     | 85  | LIRRC Flower Power | 00:58:16                 | 79  | 9:52  | 01:00:36               | 70  | 9:59  | 00:59:28                | 68  | 9:33 | 9:39 | 07:58:26.9 |
|       |     |                    | 00:59:33                 | 77  | 10:16 | 01:01:12               | 72  | 10:05 | 00:58:38                | 78  | 9:46 |      |            |
|       |     |                    | 01:07:17                 | 68  | 9:12  | 00:53:30               | 49  | 8:35  |                         |     |      |      |            |

# Ocean To Sound 50 Mile Relay

September 22, 2019

## Overall Division Results

Relay Team

### Mixed Senior Masters

| Place | No. | Name                        | ---- LEG 1, 4 and 7 ---- |     |       | --- LEG 2, 5 and 8 --- |     |       | ----- LEG 3 and 6 ----- |     |       | Pace | Total Time |
|-------|-----|-----------------------------|--------------------------|-----|-------|------------------------|-----|-------|-------------------------|-----|-------|------|------------|
|       |     |                             | Time                     | Plc | Pace  | Time                   | Plc | Pace  | Time                    | Plc | Pace  |      |            |
| 1     | 86  | Super runners               | 00:35:22                 | 4   | 5:59  | 00:46:14               | 19  | 7:37  | 00:44:06                | 11  | 7:05  | 7:41 | 06:21:16.9 |
|       |     |                             | 00:47:32                 | 30  | 8:11  | 00:52:53               | 48  | 8:43  | 00:51:16                | 47  | 8:32  |      |            |
|       |     |                             | 00:55:16                 | 27  | 7:34  | 00:48:41               | 32  | 7:49  |                         |     |       |      |            |
| 2     | 87  | We Are Athletes Choppy Seas | 01:12:10                 | 98  | 12:13 | 01:03:02               | 82  | 10:23 | 01:05:19                | 83  | 10:29 | 9:45 | 08:03:55.1 |
|       |     |                             | 01:00:09                 | 79  | 10:22 | 00:55:24               | 57  | 9:08  | 00:52:29                | 51  | 8:44  |      |            |
|       |     |                             | 00:58:18                 | 33  | 7:59  | 00:57:10               | 66  | 9:11  |                         |     |       |      |            |

### Corporate

| Place | No. | Name                          | ---- LEG 1, 4 and 7 ---- |     |       | --- LEG 2, 5 and 8 --- |     |       | ----- LEG 3 and 6 ----- |     |      | Pace | Total Time |
|-------|-----|-------------------------------|--------------------------|-----|-------|------------------------|-----|-------|-------------------------|-----|------|------|------------|
|       |     |                               | Time                     | Plc | Pace  | Time                   | Plc | Pace  | Time                    | Plc | Pace |      |            |
| 1     | 92  | Team Full Cycle               | 00:46:16                 | 30  | 7:50  | 00:44:07               | 13  | 7:16  | 00:53:48                | 47  | 8:38 | 7:56 | 06:33:41.6 |
|       |     |                               | 00:51:54                 | 47  | 8:56  | 00:46:26               | 19  | 7:39  | 00:45:38                | 24  | 7:36 |      |            |
|       |     |                               | 01:04:46                 | 61  | 8:52  | 00:40:49               | 9   | 6:33  |                         |     |      |      |            |
| 2     | 90  | North Island Physical Therapy | 01:06:27                 | 92  | 11:15 | 00:53:43               | 46  | 8:51  | 00:44:27                | 13  | 7:08 | 8:26 | 06:58:05.8 |
|       |     |                               | 00:57:56                 | 71  | 9:59  | 00:46:51               | 21  | 7:43  | 00:48:10                | 36  | 8:01 |      |            |
|       |     |                               | 00:54:19                 | 24  | 7:26  | 00:46:16               | 27  | 7:26  |                         |     |      |      |            |
| 3     | 91  | Seaford Vikings               | 00:55:22                 | 69  | 9:22  | 01:14:49               | 96  | 12:20 | 00:47:10                | 24  | 7:34 | 9:02 | 07:28:30.3 |
|       |     |                               | 00:53:43                 | 55  | 9:15  | 00:53:42               | 51  | 8:51  | 00:54:25                | 63  | 9:04 |      |            |
|       |     |                               | 00:50:26                 | 17  | 6:54  | 00:58:57               | 73  | 9:28  |                         |     |      |      |            |

### Law Enforcement - Firefighter

| Place | No. | Name        | ---- LEG 1, 4 and 7 ---- |     |      | --- LEG 2, 5 and 8 --- |     |       | ----- LEG 3 and 6 ----- |     |       | Pace | Total Time |
|-------|-----|-------------|--------------------------|-----|------|------------------------|-----|-------|-------------------------|-----|-------|------|------------|
|       |     |             | Time                     | Plc | Pace | Time                   | Plc | Pace  | Time                    | Plc | Pace  |      |            |
| 1     | 93  | NPRC Blue   | 00:51:43                 | 51  | 8:45 | 00:42:08               | 10  | 6:57  | 00:47:37                | 27  | 7:39  | 7:36 | 06:17:19.3 |
|       |     |             | 00:50:17                 | 38  | 8:40 | 00:48:42               | 35  | 8:02  | 00:38:53                | 8   | 6:28  |      |            |
|       |     |             | 00:52:51                 | 20  | 7:14 | 00:45:13               | 18  | 7:16  |                         |     |       |      |            |
| 2     | 94  | NPRC Orange | 00:52:37                 | 57  | 8:55 | 01:03:10               | 83  | 10:25 | 01:05:28                | 84  | 10:31 | 9:50 | 08:07:25.4 |
|       |     |             | 00:52:43                 | 50  | 9:05 | 01:03:50               | 79  | 10:31 | 01:03:32                | 87  | 10:35 |      |            |
|       |     |             | 01:12:19                 | 81  | 9:54 | 00:53:50               | 52  | 8:39  |                         |     |       |      |            |

# Ocean To Sound 50 Mile Relay

September 22, 2019

## Overall Division Results

### Relay Team

#### Leukemia & Lymphoma Society

| Place | No. | Name                      | ---- LEG 1, 4 and 7 ---- |     |      | --- LEG 2, 5 and 8 --- |     |      | ---- LEG 3 and 6 ---- |     |       | Pace | Total Time |
|-------|-----|---------------------------|--------------------------|-----|------|------------------------|-----|------|-----------------------|-----|-------|------|------------|
|       |     |                           | Time                     | Plc | Pace | Time                   | Plc | Pace | Time                  | Plc | Pace  |      |            |
| 1     | 95  | Hooligans of Long Ireland | 00:58:07                 | 77  | 9:51 | 01:00:10               | 68  | 9:55 | 01:00:06              | 71  | 9:39  | 9:43 | 08:02:17.9 |
|       |     |                           | 00:55:36                 | 68  | 9:35 | 00:57:59               | 65  | 9:33 | 01:03:44              | 88  | 10:37 |      |            |
|       |     |                           | 01:12:42                 | 84  | 9:57 | 00:53:58               | 53  | 8:40 |                       |     |       |      |            |