

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Lap legend: (time, accumulated pace & place)

Overall Results

March 3, 2013

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
1	1/39	1/8	1	Joseph Gray	Male	29	Renton	WA	10	00:17:31.92	02:55:19.28		
	Lap 1 to 4	00:17:00.83	5:28	1	00:16:44.05	5:25	1	00:17:03.50	5:27	1	00:17:13.92	5:28	1
	Lap 5 to 8	00:17:14.97	5:29	1	00:17:22.29	5:30	1	00:17:27.21	5:31	1	00:17:46.76	5:32	2
	Lap 9 & 10	00:18:13.61	5:34	2	00:19:12.10	5:38	2						
2	2/39	2/8	158	Verrelle Wyatt	Male	26	Akron	OH	10	00:17:42.95	02:57:09.54		
	Lap 1 to 4	00:17:48.84	5:44	2	00:17:50.77	5:44	2	00:17:52.29	5:44	2	00:17:49.34	5:44	2
	Lap 5 to 8	00:17:39.63	5:43	2	00:17:42.73	5:43	2	00:17:39.84	5:43	2	00:17:12.72	5:41	1
	Lap 9 & 10	00:17:33.82	5:41	1	00:17:59.55	5:42	1						
3	3/39	3/8	79	Scott Leslie	Male	31	Rutland	MA	10	00:18:52.99	03:08:49.93		
	Lap 1 to 4	00:18:28.84	5:56	4	00:18:34.52	5:57	4	00:19:00.11	6:00	3	00:18:24.30	5:59	3
	Lap 5 to 8	00:18:41.02	5:59	3	00:18:48.80	6:00	3	00:18:39.30	6:00	3	00:18:55.23	6:00	3
	Lap 9 & 10	00:19:22.97	6:02	3	00:19:54.81	6:04	3						
4	4/39	4/8	2	Michael Wardian	Male	38	Arlington	VA	10	00:19:25.11	03:14:11.18		
	Lap 1 to 4	00:18:28.35	5:56	3	00:18:34.41	5:57	3	00:19:01.54	6:00	4	00:18:36.04	6:00	4
	Lap 5 to 8	00:19:15.37	6:02	4	00:19:23.49	6:04	4	00:20:56.11	6:10	5	00:19:21.16	6:10	4
	Lap 9 & 10	00:20:10.80	6:12	4	00:20:23.89	6:14	4						
5	5/39	1/5	103	Boyd Carrington	Male	40	Amityville	NY	10	00:20:52.47	03:28:44.71		
	Lap 1 to 4	00:19:49.10	6:22	5	00:20:55.23	6:33	5	00:19:46.17	6:29	5	00:19:31.26	6:26	5
	Lap 5 to 8	00:20:26.22	6:28	5	00:20:19.14	6:28	5	00:20:09.40	6:28	4	00:20:31.95	6:29	5
	Lap 9 & 10	00:22:08.63	6:33	7	00:25:07.58	6:43	16						
6	1/21	1/11	11	Shanna Ailes Istnick	Female	34	Kent	OH	10	00:21:18.49	03:33:04.90		
	Lap 1 to 4	00:21:14.10	6:50	8	00:20:55.46	6:47	6	00:20:59.54	6:46	8	00:20:53.71	6:45	6
	Lap 5 to 8	00:21:25.14	6:47	8	00:21:16.63	6:47	6	00:21:26.87	6:48	6	00:21:21.41	6:49	6
	Lap 9 & 10	00:21:35.01	6:50	5	00:21:57.01	6:51	5						
7	2/21	2/11	4	Christy Nielsen	Female	37	Omaha	NE	10	00:21:36.23	03:36:02.32		
	Lap 1 to 4	00:21:16.85	6:50	11	00:21:17.56	6:51	10	00:21:01.46	6:49	9	00:20:57.90	6:48	7
	Lap 5 to 8	00:21:09.13	6:48	7	00:21:27.81	6:49	7	00:21:47.72	6:50	7	00:21:47.68	6:52	7
	Lap 9 & 10	00:22:25.40	6:54	8	00:22:50.77	6:57	8						
8	6/39	1/10	157	George Worth	Male	50	Islip	NY	10	00:21:55.92	03:39:19.27		
	Lap 1 to 4	00:22:25.55	7:13	14	00:21:49.36	7:07	13	00:21:41.77	7:04	13	00:21:34.60	7:02	11
	Lap 5 to 8	00:21:41.81	7:01	11	00:21:42.68	7:01	8	00:21:50.15	7:01	8	00:22:05.31	7:02	8
	Lap 9 & 10	00:22:01.52	7:02	6	00:22:26.49	7:03	6						
9	3/21	3/11	96	Tracy Meder	Female	33	Stow	OH	10	00:21:59.17	03:39:51.78		
	Lap 1 to 4	00:21:16.34	6:50	10	00:21:02.95	6:48	9	00:21:12.42	6:48	10	00:21:04.60	6:48	9
	Lap 5 to 8	00:21:32.41	6:49	9	00:21:46.62	6:51	9	00:22:30.60	6:55	9	00:22:59.86	6:58	10
	Lap 9 & 10	00:23:20.02	7:02	11	00:23:05.92	7:04	10						
10	7/39	1/3	131	Matt Smith	Male	48	State College	PA	10	00:22:17.65	03:42:56.54		
	Lap 1 to 4	00:21:39.18	6:58	12	00:21:30.38	6:56	11	00:21:32.06	6:56	12	00:21:40.61	6:56	12
	Lap 5 to 8	00:22:20.27	6:59	13	00:22:30.20	7:02	12	00:22:40.68	7:04	10	00:23:07.87	7:07	11
	Lap 9 & 10	00:23:04.95	7:09	10	00:22:50.30	7:10	7						
11	8/39	2/10	161	Mark Yost	Male	54	Bethesda	MD	10	00:22:34.95	03:45:49.53		
	Lap 1 to 4	00:21:15.73	6:50	9	00:20:55.86	6:47	7	00:20:57.30	6:46	7	00:21:19.48	6:47	10
	Lap 5 to 8	00:21:37.59	6:49	10	00:22:02.68	6:52	10	00:22:51.94	6:56	12	00:23:33.19	7:01	12
	Lap 9 & 10	00:25:04.57	7:08	18	00:26:11.16	7:16	21						
12	4/21	4/11	68	Jacquelyn Jackman	Female	34	Warwick	RI	10	00:22:53.58	03:48:55.84		
	Lap 1 to 4	00:23:28.85	7:33	20	00:23:08.43	7:30	16	00:23:01.34	7:28	18	00:22:49.02	7:26	16
	Lap 5 to 8	00:22:42.14	7:24	15	00:22:36.04	7:23	13	00:22:43.34	7:22	11	00:22:42.81	7:22	9
	Lap 9 & 10	00:22:52.43	7:22	9	00:22:51.41	7:22	9						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Lap legend: (time, accumulated pace & place)

Overall Results

March 3, 2013

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
13	9/39	2/3	5	Byron Lane	Male	45	Stony Brook	NY	10	00:22:57.91	03:49:39.13		
	Lap 1 to 4	00:22:37.35	7:16	15	00:22:30.56	7:15	14	00:22:08.81	7:13	15	00:22:01.89	7:11	13
	Lap 5 to 8	00:22:10.85	7:10	12	00:22:29.19	7:11	11	00:23:03.82	7:13	13	00:23:51.09	7:16	13
	Lap 9 & 10	00:24:46.90	7:21	16	00:23:58.65	7:23	12						
14	10/39	2/5	64	Timothy Henderson	Male	43	Sayville	NY	10	00:23:39.27	03:56:32.72		
	Lap 1 to 4	00:23:08.10	7:26	17	00:22:32.31	7:21	15	00:22:58.98	7:21	16	00:22:49.11	7:21	17
	Lap 5 to 8	00:22:50.18	7:21	16	00:23:27.74	7:23	14	00:23:45.20	7:25	15	00:24:26.06	7:28	19
	Lap 9 & 10	00:25:04.54	7:32	17	00:25:30.47	7:36	17						
15	5/21	1/3	117	Tina-Marie Poulin	Female	40	New York	NY	10	00:23:41.72	03:56:57.22		
	Lap 1 to 4	00:23:29.10	7:33	21	00:23:08.56	7:30	17	00:23:01.09	7:28	17	00:23:09.78	7:28	18
	Lap 5 to 8	00:23:32.87	7:29	17	00:23:31.17	7:30	15	00:23:36.66	7:31	14	00:24:17.02	7:33	16
	Lap 9 & 10	00:24:34.61	7:35	15	00:24:36.32	7:37	14						
16	11/39	3/10	137	Brian Teason	Male	52	Manchester	VT	10	00:23:48.14	03:58:01.43		
	Lap 1 to 4	00:23:09.44	7:27	18	00:23:38.72	7:31	19	00:24:15.61	7:37	21	00:23:59.79	7:38	20
	Lap 5 to 8	00:24:11.27	7:40	20	00:24:22.60	7:42	19	00:23:49.21	7:41	17	00:23:53.90	7:41	14
	Lap 9 & 10	00:23:31.31	7:41	12	00:23:09.55	7:39	11						
17	6/21	5/11	104	Issy Nielson	Female	30	Warwick	RI	10	00:24:08.14	04:01:21.44		
	Lap 1 to 4	00:23:42.11	7:37	23	00:23:28.70	7:35	18	00:23:54.99	7:37	20	00:24:00.88	7:39	21
	Lap 5 to 8	00:24:07.65	7:40	19	00:23:53.05	7:40	18	00:23:47.81	7:40	16	00:24:21.10	7:41	17
	Lap 9 & 10	00:24:31.17	7:43	13	00:25:33.94	7:46	18						
18	7/21	6/11	92	Shannon Mcginn	Female	37	Avenel	NJ	10	00:24:20.87	04:03:28.75		
	Lap 1 to 4	00:23:45.54	7:38	25	00:24:13.13	7:43	23	00:23:54.80	7:42	19	00:23:44.48	7:41	19
	Lap 5 to 8	00:23:41.78	7:40	18	00:23:46.95	7:40	17	00:24:18.55	7:41	19	00:24:47.07	7:43	21
	Lap 9 & 10	00:25:13.14	7:46	20	00:26:03.27	7:50	20						
19	8/21	7/11	169	Jessica Kennedy	Female	29	morristown	NJ	10	00:24:25.09	04:04:10.99		
	Lap 1 to 4	00:24:28.57	7:52	29	00:24:17.02	7:50	24	00:24:30.15	7:51	23	00:24:30.79	7:52	26
	Lap 5 to 8	00:24:30.09	7:52	22	00:24:33.01	7:52	21	00:24:22.26	7:52	20	00:24:25.31	7:52	18
	Lap 9 & 10	00:24:33.20	7:52	14	00:24:00.56	7:51	13						
20	12/39	1/6	134	Keith Straw	Male	58	Malvern	PA	10	00:24:46.76	04:07:47.66		
	Lap 1 to 4	00:24:39.15	7:56	30	00:24:50.70	7:57	29	00:24:40.10	7:57	25	00:24:13.73	7:55	22
	Lap 5 to 8	00:24:19.45	7:53	21	00:24:32.28	7:53	20	00:25:17.94	7:56	22	00:24:28.88	7:55	20
	Lap 9 & 10	00:25:05.27	7:56	19	00:25:40.15	7:58	19						
21	13/39	4/10	101	Jim Morris	Male	51	Northport	NY	10	00:25:05.43	04:10:54.33		
	Lap 1 to 4	00:23:59.34	7:43	26	00:24:27.96	7:47	26	00:24:16.93	7:48	22	00:24:15.64	7:48	23
	Lap 5 to 8	00:24:42.24	7:50	23	00:24:59.38	7:52	22	00:25:47.71	7:55	23	00:25:28.59	7:57	23
	Lap 9 & 10	00:26:31.72	8:01	22	00:26:24.77	8:04	22						
22	14/39	5/8	14	Chris Ardis	Male	33	Rock Hill	SC	10	00:25:45.24	04:17:32.43		
	Lap 1 to 4	00:26:31.76	8:32	34	00:26:03.37	8:27	31	00:26:58.47	8:32	32	00:25:51.73	8:28	29
	Lap 5 to 8	00:25:29.21	8:25	26	00:25:15.26	8:22	24	00:25:08.95	8:20	21	00:25:21.57	8:18	22
	Lap 9 & 10	00:25:50.37	8:18	21	00:25:01.72	8:17	15						
23	9/21	2/3	71	Jodi Kartes-Heino	Female	42	East Quogue	NY	10	00:26:05.81	04:20:58.10		
	Lap 1 to 4	00:23:28.60	7:33	19	00:24:11.57	7:40	22	00:25:12.57	7:49	28	00:26:00.53	7:57	30
	Lap 5 to 8	00:26:38.12	8:04	29	00:26:17.49	8:08	26	00:27:07.20	8:13	26	00:27:52.46	8:19	26
	Lap 9 & 10	00:27:32.70	8:22	23	00:26:36.83	8:23	23						
24	15/39	2/6	170	Andrei Aroneanu	Male	58	ridgewood	NJ	10	00:26:17.95	04:22:59.54		
	Lap 1 to 4	00:23:36.60	7:35	22	00:23:54.01	7:38	21	00:24:44.75	7:45	26	00:25:02.30	7:49	27
	Lap 5 to 8	00:25:31.10	7:54	27	00:26:03.36	7:59	25	00:27:05.59	8:05	25	00:27:22.88	8:10	24
	Lap 9 & 10	00:28:41.31	8:17	26	00:30:57.61	8:27	33						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Lap legend: (time, accumulated pace & place)

Overall Results

March 3, 2013

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
25	10/21	8/11	164	Lauren Dorsky	Female	17	Huntington	NY	10	00:27:24.39	04:34:03.94		
	Lap 1 to 4	00:23:43.72	7:38	24	00:24:18.84	7:43	25	00:25:19.68	7:52	29	00:25:49.28	7:58	28
	Lap 5 to 8	00:26:20.56	8:04	28	00:26:42.71	8:10	27	00:28:54.50	8:19	31	00:31:24.03	8:33	34
	Lap 9 & 10	00:32:39.15	8:46	34	00:28:51.45	8:49	26						
26	11/21	1/2	132	Kim Solomine	Female	55	Syosset	NY	10	00:27:27.94	04:34:39.41		
	Lap 1 to 4	00:26:43.32	8:36	35	00:27:20.85	8:42	35	00:27:18.59	8:43	34	00:26:44.65	8:42	34
	Lap 5 to 8	00:27:08.25	8:42	31	00:27:16.43	8:43	29	00:27:28.47	8:44	27	00:28:03.98	8:46	27
	Lap 9 & 10	00:28:40.83	8:49	25	00:27:54.01	8:50	25						
27	16/39	3/3	17	Thomas Bentivegna	Male	49	Medford	NY	10	00:27:33.63	04:35:36.32		
	Lap 1 to 4	00:22:48.53	7:20	16	00:23:41.39	7:28	20	00:25:34.70	7:43	30	00:26:02.48	7:53	31
	Lap 5 to 8	00:27:42.28	8:05	33	00:28:05.02	8:15	31	00:28:38.20	8:23	30	00:32:02.00	8:37	35
	Lap 9 & 10	00:30:29.56	8:45	30	00:30:32.12	8:52	31						
28	12/21	1/3	78	Yvonne Leippert	Female	45	Coram	NY	10	00:28:14.76	04:42:27.60		
	Lap 1 to 4	00:28:57.88	9:19	46	00:29:43.80	9:26	48	00:27:45.66	9:16	36	00:28:48.26	9:16	41
	Lap 5 to 8	00:27:59.31	9:13	34	00:28:12.20	9:11	32	00:27:56.47	9:10	28	00:27:45.69	9:08	25
	Lap 9 & 10	00:27:47.03	9:07	24	00:27:31.25	9:05	24						
29	17/39	1/4	3	Roy Pirrung	Male	64	Kohler	WI	10	00:28:26.66	04:44:26.60		
	Lap 1 to 4	00:25:50.80	8:19	32	00:26:44.53	8:27	32	00:27:08.18	8:33	33	00:27:28.82	8:37	35
	Lap 5 to 8	00:28:08.83	8:42	36	00:28:28.04	8:47	34	00:29:03.68	8:52	32	00:29:49.52	8:57	31
	Lap 9 & 10	00:31:16.52	9:04	32	00:30:27.65	9:09	30						
30	13/21	1/2	36	Barbara Cronin Stagnari	Female	51	Mineola	NY	10	00:28:36.35	04:46:03.57		
	Lap 1 to 4	00:27:39.87	8:54	38	00:28:17.89	9:00	39	00:27:30.13	8:57	35	00:27:53.20	8:57	37
	Lap 5 to 8	00:28:22.55	8:59	37	00:29:30.86	9:04	37	00:29:15.16	9:07	33	00:29:27.50	9:10	29
	Lap 9 & 10	00:29:05.33	9:11	27	00:29:01.04	9:12	27						
31	18/39	5/10	66	Michael Hunter	Male	51	N. Merrick	NY	10	00:29:03.46	04:50:34.62		
	Lap 1 to 4	00:24:23.10	7:50	28	00:25:15.83	7:59	30	00:24:32.22	7:57	24	00:24:17.60	7:55	24
	Lap 5 to 8	00:25:24.13	7:58	25	00:28:01.26	8:08	30	00:30:34.76	8:23	37	00:35:51.25	8:47	44
	Lap 9 & 10	00:36:28.67	9:06	41	00:35:45.78	9:21	42						
32	19/39	3/6	44	Frank Deleo	Male	59	Brooklyn	NY	10	00:29:38.71	04:56:27.13		
	Lap 1 to 4	00:29:26.52	9:28	49	00:28:46.07	9:22	41	00:29:15.95	9:23	47	00:28:35.60	9:20	40
	Lap 5 to 8	00:31:28.67	9:29	47	00:29:13.72	9:28	36	00:29:34.33	9:29	35	00:29:44.09	9:29	30
	Lap 9 & 10	00:30:19.50	9:31	29	00:30:02.66	9:32	29						
33	20/39	6/10	90	Jay Masten	Male	54	Bohemia	NY	10	00:29:40.23	04:56:42.39		
	Lap 1 to 4	00:26:57.93	8:40	37	00:27:02.37	8:41	33	00:28:28.94	8:50	41	00:26:02.85	8:43	32
	Lap 5 to 8	00:26:43.19	8:42	30	00:27:16.20	8:43	28	00:29:17.84	8:49	34	00:34:27.55	9:06	39
	Lap 9 & 10	00:32:49.44	9:15	36	00:37:36.04	9:32	46						
34	14/21	2/2	55	Amanda Goddard	Female	53	Fort Salonga	NY	10	00:30:20.74	05:03:27.40		
	Lap 1 to 4	00:29:42.97	9:33	51	00:30:24.18	9:40	52	00:29:43.56	9:38	50	00:30:25.81	9:40	49
	Lap 5 to 8	00:29:50.44	9:39	40	00:30:32.82	9:41	41	00:30:09.46	9:41	36	00:31:11.47	9:44	33
	Lap 9 & 10	00:30:48.09	9:45	31	00:30:38.58	9:46	32						
35	21/39	2/4	53	James Gawle	Male	61	Webster	MA	10	00:30:22.68	05:03:46.81		
	Lap 1 to 4	00:27:54.58	8:58	40	00:29:03.82	9:10	43	00:28:21.90	9:09	40	00:28:35.55	9:10	39
	Lap 5 to 8	00:29:17.04	9:13	38	00:29:56.47	9:17	38	00:30:39.74	9:22	38	00:32:20.67	9:30	36
	Lap 9 & 10	00:35:09.87	9:42	40	00:32:27.15	9:46	36						
36	22/39	3/4	95	Grant Mckeown	Male	63	New York	NY	10	00:30:25.04	05:04:10.41		
	Lap 1 to 4	00:26:18.15	8:27	33	00:27:15.79	8:37	34	00:28:36.83	8:48	42	00:29:46.83	9:00	47
	Lap 5 to 8	00:30:13.84	9:09	41	00:30:49.82	9:16	44	00:32:37.36	9:27	41	00:33:41.46	9:37	38
	Lap 9 & 10	00:32:43.15	9:43	35	00:32:07.15	9:47	35						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Lap legend: (time, accumulated pace & place)

Overall Results

March 3, 2013

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
37	23/39	3/5	116	Anthony Portera	Male	42	White Plains	NY	10	00:30:32.26	05:05:22.65		
	Lap 1 to 4	00:24:40.36	7:56	31	00:24:50.57	7:58	28	00:25:42.90	8:04	31	00:26:13.75	8:09	33
	Lap 5 to 8	00:27:19.83	8:17	32	00:30:20.34	8:32	40	00:35:18.22	8:56	46	00:35:42.56	9:15	42
	Lap 9 & 10	00:38:21.26	9:36	45	00:36:52.84	9:49	44						
38	15/21	9/11	52	Alanna Garrison-Kast	Female	35	Jackson	NJ	10	00:31:42.39	05:17:03.94		
	Lap 1 to 4	00:28:51.34	9:17	44	00:29:26.50	9:22	47	00:28:46.45	9:20	43	00:28:51.82	9:19	42
	Lap 5 to 8	00:30:27.34	9:25	43	00:30:15.05	9:28	39	00:32:25.37	9:36	39	00:40:56.26	10:03	51
	Lap 9 & 10	00:34:15.78	10:09	37	00:32:48.00	10:12	37						
39	24/39	4/5	113	John Phelan	Male	42	Metuchen	NJ	10	00:31:44.44	05:17:24.44		
	Lap 1 to 4	00:28:53.61	9:17	45	00:29:24.03	9:22	45	00:28:46.65	9:20	44	00:28:52.07	9:19	43
	Lap 5 to 8	00:29:29.46	9:21	39	00:31:12.68	9:28	45	00:32:30.06	9:36	40	00:40:50.91	10:03	50
	Lap 9 & 10	00:34:16.37	10:09	38	00:33:08.57	10:12	38						
40	25/39	6/8	106	Yusuf Osmani	Male	38	Kings Park	NY	10	00:32:54.09	05:29:00.97		
	Lap 1 to 4	00:27:53.78	8:58	39	00:27:41.07	8:56	37	00:27:56.29	8:57	38	00:29:00.96	9:03	44
	Lap 5 to 8	00:31:16.73	9:15	46	00:34:46.57	9:34	49	00:35:54.96	9:51	47	00:36:06.51	10:04	45
	Lap 9 & 10	00:37:43.69	10:18	43	00:40:40.38	10:35	49						
41	16/21	2/3	23	Eva Casale	Female	48	Glen Cove	NY	10	00:32:55.36	05:29:13.68		
	Lap 1 to 4	00:29:35.39	9:31	50	00:29:50.56	9:33	49	00:30:23.32	9:38	51	00:32:07.27	9:48	52
	Lap 5 to 8	00:33:22.69	9:59	51	00:34:34.49	10:11	48	00:35:11.94	10:20	45	00:35:17.74	10:28	41
	Lap 9 & 10	00:34:59.86	10:33	39	00:33:50.38	10:35	39						
42	26/39	4/6	18	Charles Bifulco	Male	59	Holtsville	NY	10	00:33:10.35	05:31:43.59		
	Lap 1 to 4	00:29:43.99	9:34	52	00:30:14.97	9:39	51	00:29:05.83	9:33	46	00:29:56.83	9:34	48
	Lap 5 to 8	00:31:36.63	9:41	48	00:30:33.20	9:43	42	00:34:12.11	9:54	43	00:36:57.14	10:09	46
	Lap 9 & 10	00:40:20.10	10:28	47	00:39:02.77	10:40	48						
43	27/39	5/6	118	John Price	Male	58	Virginia Beach	VA	10	00:33:31.09	05:35:10.99		
	Lap 1 to 4	00:28:50.87	9:17	43	00:29:24.33	9:22	46	00:30:47.79	9:33	52	00:30:34.39	9:37	51
	Lap 5 to 8	00:30:59.28	9:41	45	00:30:42.64	9:43	43	00:32:44.28	9:50	42	00:35:10.16	10:01	40
	Lap 9 & 10	00:47:07.96	10:35	55	00:38:49.27	10:47	47						
44	28/39	1/3	16	Joseph Bello	Male	68	Rochester	NY	10	00:33:33.59	05:35:35.99		
	Lap 1 to 4	00:30:02.62	9:40	54	00:29:55.79	9:39	50	00:31:19.34	9:47	54	00:33:00.52	10:00	53
	Lap 5 to 8	00:33:04.98	10:07	49	00:33:10.63	10:13	47	00:34:52.27	10:21	44	00:35:48.55	10:30	43
	Lap 9 & 10	00:36:52.06	10:39	42	00:37:29.19	10:48	45						
45	17/21	3/3	42	Frances Deangelis	Female	43	Bayville	NY	10	00:33:46.56	05:37:45.65		
	Lap 1 to 4	00:29:14.32	9:24	48	00:30:53.14	9:40	53	00:29:35.31	9:37	49	00:30:32.93	9:40	50
	Lap 5 to 8	00:33:21.80	9:53	50	00:35:28.04	10:08	51	00:35:56.67	10:20	48	00:37:05.43	10:32	47
	Lap 9 & 10	00:40:10.18	10:48	46	00:35:27.80	10:52	41						
46	29/39	7/10	173	Michael Korol	Male	54	Syosset	NY	10	00:34:17.67	05:42:56.77		
	Lap 1 to 4	00:29:10.47	9:23	47	00:28:18.46	9:15	40	00:28:48.60	9:15	45	00:29:09.04	9:17	46
	Lap 5 to 8	00:30:26.25	9:23	42	00:33:01.71	9:35	46	00:36:40.58	9:54	49	00:47:38.84	10:35	57
	Lap 9 & 10	00:43:52.34	10:58	52	00:35:50.45	11:02	43						
47	30/39	4/4	85	Richard Luciano	Male	60	Franklin Lakes	NJ	10	00:34:26.34	05:44:23.40		
	Lap 1 to 4	00:33:27.19	10:46	58	00:34:26.38	10:55	56	00:35:00.77	11:02	58	00:37:23.03	11:17	57
	Lap 5 to 8	00:36:12.92	11:21	57	00:28:51.51	11:00	35	00:39:27.93	11:15	52	00:33:24.61	11:11	37
	Lap 9 & 10	00:32:06.51	11:05	33	00:34:02.53	11:05	40						
48	31/39	8/10	100	Harry Morales	Male	50	New York	NY	10	00:34:42.15	05:47:01.58		
	Lap 1 to 4	00:30:33.23	9:50	55	00:32:38.72	10:10	55	00:30:53.85	10:05	53	00:35:25.09	10:25	56
	Lap 5 to 8	00:34:43.86	10:34	53	00:37:00.06	10:47	52	00:38:00.54	11:00	50	00:37:46.94	11:08	48
	Lap 9 & 10	00:37:52.59	11:15	44	00:32:06.67	11:10	34						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Lap legend: (time, accumulated pace & place)

Overall Results

March 3, 2013

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time	
49	32/39	5/5	99	Jamie Metzl	Male	44	New York	NY	10	00:36:11.83	06:01:58.32	
	Lap 1 to 4	00:34:07.00	10:58	60	00:28:01.00	9:59	38	00:34:21.27	10:21	00:34:11.72	10:30	54
	Lap 5 to 8	00:34:52.17	10:39	54	00:35:22.18	10:46	50	00:38:26.12	11:00	00:39:48.13	11:13	49
	Lap 9 & 10	00:41:19.26	11:27	48	00:41:29.44	11:39	51					
50	18/21	10/11	10	Elaine Acosta	Female	38	Randolph	NJ	10	00:36:38.85	06:06:28.52	
	Lap 1 to 4	00:26:55.91	8:40	36	00:27:34.53	8:46	36	00:27:46.27	8:49	00:28:29.17	8:54	38
	Lap 5 to 8	00:30:49.06	9:06	44	00:37:53.60	9:37	54	00:48:17.04	10:28	00:46:04.22	11:01	56
	Lap 9 & 10	00:46:44.88	11:27	54	00:45:53.81	11:47	55					
51	33/39	6/6	171	Ray Krolewicz	Male	56	elgin	SC	10	00:37:04.38	06:10:43.85	
	Lap 1 to 4	00:28:03.12	9:01	41	00:29:01.58	9:11	42	00:29:21.20	9:16	00:29:08.24	9:17	45
	Lap 5 to 8	00:36:03.58	9:45	56	00:43:25.12	10:27	57	00:43:28.56	10:58	00:43:48.87	11:21	55
	Lap 9 & 10	00:44:28.36	11:41	53	00:43:55.19	11:55	54					
52	34/39	7/8	46	Paul Dlug	Male	31	Port Jefferson	NY	10	00:37:47.21	06:17:52.11	
	Lap 1 to 4	00:31:42.63	10:12	57	00:35:17.10	10:46	58	00:33:39.40	10:47	00:34:14.60	10:51	55
	Lap 5 to 8	00:35:46.52	10:59	55	00:37:38.62	11:10	53	00:41:53.84	11:30	00:43:26.57	11:48	54
	Lap 9 & 10	00:42:42.13	12:01	50	00:41:30.68	12:09	52					
53	35/39	2/3	128	Tim Ryan	Male	69	New York	NY	10	00:37:54.48	06:19:04.81	
	Lap 1 to 4	00:31:11.82	10:02	56	00:35:12.29	10:41	57	00:33:48.46	10:45	00:37:35.00	11:05	58
	Lap 5 to 8	00:34:00.88	11:03	52	00:39:14.18	11:19	55	00:40:31.92	11:34	00:43:15.27	11:51	53
	Lap 9 & 10	00:42:59.64	12:04	51	00:41:15.31	12:12	50					
54	19/21	2/2	133	Barbara Sorrell	Female	55	Delmar	NY	10	00:40:02.38	06:40:23.88	
	Lap 1 to 4	00:36:02.71	11:36	61	00:36:01.70	11:35	60	00:38:05.71	11:49	00:38:20.01	11:56	59
	Lap 5 to 8	00:39:04.65	12:04	58	00:42:04.32	12:19	56	00:41:52.86	12:29	00:42:40.94	12:38	52
	Lap 9 & 10	00:42:16.87	12:44	49	00:43:54.07	12:53	53					
55	20/21	3/3	31	Ethel Cook	Female	48	Chester Springs	PA	10	00:41:34.76	06:55:47.69	
	Lap 1 to 4	00:30:01.83	9:39	53	00:31:37.06	9:55	54	00:35:25.04	10:24	00:38:50.94	10:56	60
	Lap 5 to 8	00:40:10.60	11:20	59	00:43:54.43	11:48	58	00:49:32.79	12:23	00:48:54.84	12:48	58
	Lap 9 & 10	00:47:25.27	13:05	56	00:49:54.86	13:22	56					
56	36/39	3/3	35	Howard Cragg	Male	65	Bethpage	NY	10	00:44:13.28	07:22:12.87	
	Lap 1 to 4	00:33:57.68	10:55	59	00:35:37.31	11:11	59	00:37:00.55	11:26	00:39:24.42	11:44	61
	Lap 5 to 8	00:43:13.33	12:10	60	00:46:30.51	12:38	59	00:51:22.80	13:12	00:49:46.88	13:33	59
	Lap 9 & 10	00:53:36.84	13:57	57	00:51:42.54	14:13	57					
57	21/21	11/11	21	Deirdre Brill	Female	35	New York	NY	8	00:22:46.22	03:02:09.82	
	Lap 1 to 4	00:22:00.80	7:05	13	00:21:36.67	7:01	12	00:21:59.33	7:02	00:22:05.84	7:03	14
	Lap 5 to 8	00:22:34.90	7:05	14	00:23:39.29	7:11	16	00:23:58.31	7:15	00:24:14.65	7:19	15
	Lap 9 & 10											
58	37/39	9/10	111	Michael Petsky	Male	50	Garden City	NY	8	00:25:36.71	03:24:53.75	
	Lap 1 to 4	00:23:59.55	7:43	27	00:24:44.88	7:50	27	00:24:47.67	7:53	00:24:28.44	7:53	25
	Lap 5 to 8	00:24:57.35	7:54	24	00:25:12.95	7:56	23	00:26:20.69	8:01	00:30:22.21	8:14	32
	Lap 9 & 10											
59	38/39	8/8	51	Jason Friedman	Male	37	New Paltz	NY	5	00:24:36.66	02:03:03.31	
	Lap 1 to 4	00:20:06.12	6:28	6	00:40:36.46	9:46	61	00:20:23.63	8:42	00:20:58.25	8:12	8
	Lap 5 to 8	00:20:58.84	7:55	6								
	Lap 9 & 10											
60	39/39	10/10	145	Daniel Verrington	Male	50	Bradford	MA	4	00:21:26.87	01:25:47.50	
	Lap 1 to 4	00:20:51.97	6:42	7	00:20:56.29	6:43	8	00:21:25.51	6:47	00:22:33.72	6:54	15
	Lap 5 to 8											
	Lap 9 & 10											