

# Caumsett Park 50K Championship and GLIRC 25K Run

## 50K Non-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	1/64	1/9	63	Aaron Heath	Male	38	White Plains	NY	10	00:22:55.98	03:37:55.41		
	<b>Lap 1 to 4</b>	00:18:36.00	5:59	1							6:26		
	<b>Lap 5 to 8</b>				6:32		00:21:58.37	6:36	5	00:24:55.40	6:47	7	
	<b>Lap 9 &amp; 10</b>	00:24:40.47	6:55	6	00:24:29.66	7:00	9						
2	2/64	1/11	141	Stephen Uresk	Male	44	Greenlawn	NY	10	00:21:48.00	03:38:00.00		
	<b>Lap 1 to 4</b>	00:22:12.60	7:08	5	00:21:12.40	6:59	2	00:21:09.69	6:55	2	00:21:15.31	6:54	1
	<b>Lap 5 to 8</b>	00:29:43.00	7:26	39	00:12:58.00	6:53	1	00:21:46.00	6:54	1	00:22:09.00	6:56	3
	<b>Lap 9 &amp; 10</b>	00:22:51.00	6:59	4	00:22:43.00	7:00	2						
3	3/64	2/11	108	Jerry Pannullo	Male	43	East Islip	NY	10	00:21:50.99	03:38:29.91		
	<b>Lap 1 to 4</b>	00:22:26.35	7:13	6	00:21:49.29	7:07	4	00:21:41.24	7:04	3	00:21:34.53	7:02	4
	<b>Lap 5 to 8</b>	00:21:40.52	7:01	2	00:21:42.92	7:01	4	00:21:49.66	7:01	2	00:22:05.01	7:02	2
	<b>Lap 9 &amp; 10</b>	00:22:01.03	7:02	1	00:21:39.33	7:01	1						
4	4/64	3/11	89	Joe Marinaccio	Male	42	Oakdale	NY	10	00:22:04.09	03:40:40.92		
	<b>Lap 1 to 4</b>	00:22:26.85	7:13	7	00:21:48.79	7:07	3	00:21:41.45	7:04	4	00:21:33.69	7:02	3
	<b>Lap 5 to 8</b>	00:21:42.06	7:01	3	00:21:42.85	7:01	3	00:21:50.64	7:01	3	00:22:03.89	7:02	1
	<b>Lap 9 &amp; 10</b>	00:22:22.86	7:03	3	00:23:27.81	7:06	5						
5	5/64	2/9	120	Tommy Pyon	Male	35	Flushing	NY	10	00:22:12.54	03:42:05.49		
	<b>Lap 1 to 4</b>	00:20:48.73	6:41	3	00:21:09.04	6:45	1	00:20:53.73	6:44	1	00:21:17.38	6:46	2
	<b>Lap 5 to 8</b>	00:21:15.42	6:47	1	00:21:17.42	6:47	2	00:21:56.96	6:50	4	00:24:11.23	6:57	6
	<b>Lap 9 &amp; 10</b>	00:24:45.93	7:03	7	00:24:29.64	7:08	8						
6	6/64	3/9	34	Elliot Coups	Male	39	Brooklyn	NY	10	00:22:43.59	03:47:15.92		
	<b>Lap 1 to 4</b>	00:22:32.60	7:15	8	00:22:28.69	7:14	6	00:22:26.10	7:14	5	00:21:58.89	7:11	5
	<b>Lap 5 to 8</b>	00:22:45.59	7:13	4	00:22:47.21	7:14	5	00:23:29.89	7:17	6	00:23:13.81	7:18	4
	<b>Lap 9 &amp; 10</b>	00:22:12.29	7:17	2	00:23:20.81	7:18	3						
7	7/64	4/9	32	Anderson Costa	Male	36	Wallingford	CT	10	00:23:37.98	03:56:19.82		
	<b>Lap 1 to 4</b>	00:23:29.51	7:33	9	00:23:15.32	7:31	9	00:23:17.33	7:30	8	00:23:38.72	7:32	6
	<b>Lap 5 to 8</b>	00:23:17.87	7:31	5	00:23:32.92	7:32	6	00:23:30.52	7:32	7	00:23:59.66	7:33	5
	<b>Lap 9 &amp; 10</b>	00:24:27.99	7:35	5	00:23:49.95	7:36	6						
8	8/64	5/9	91	Alex Mcdaniel	Male	35	New Haven	CT	10	00:24:33.69	04:05:38.63		
	<b>Lap 1 to 4</b>	00:25:00.00	8:02	17	00:24:46.00	8:00	12	00:24:25.00	7:57	12	00:24:22.00	7:55	9
	<b>Lap 5 to 8</b>					7:54		00:24:36.85	7:54	10			
	<b>Lap 9 &amp; 10</b>		7:55		00:24:12.29	7:54	7						
9	9/64	1/3	172	Michael Bielik	Male	33	New York	NY	10	00:25:53.86	04:18:58.64		
	<b>Lap 1 to 4</b>	00:23:38.26	7:36	10	00:23:55.08	7:39	10	00:23:41.15	7:38	9	00:23:56.81	7:39	7
	<b>Lap 5 to 8</b>	00:24:33.78	7:42	7	00:25:11.56	7:46	9	00:25:59.12	7:51	12	00:27:35.20	7:59	10
	<b>Lap 9 &amp; 10</b>	00:29:14.01	8:08	14	00:31:13.65	8:20	26						
10	10/64	1/16	176	Pat Ryan	Male	45	Phoenixville	PA	10	00:26:14.06	04:22:20.64		
	<b>Lap 1 to 4</b>	00:25:15.61	8:07	18	00:24:59.50	8:05	15	00:25:00.77	8:04	14	00:25:26.29	8:06	12
	<b>Lap 5 to 8</b>	00:25:51.65	8:08	11	00:27:20.89	8:15	15	00:26:22.60	8:17	13	00:27:06.55	8:20	8
	<b>Lap 9 &amp; 10</b>	00:27:29.84	8:24	10	00:27:26.91	8:26	13						
11	11/64	6/9	72	Matthew Kearns	Male	36	E Setauket	NY	10	00:26:15.66	04:22:36.67		
	<b>Lap 1 to 4</b>	00:24:17.82	7:49	12	00:25:14.96	7:58	17	00:23:46.45	7:51	10	00:24:00.94	7:49	8
	<b>Lap 5 to 8</b>	00:24:58.46	7:52	9	00:25:00.83	7:54	8	00:28:43.31	8:05	20	00:33:08.52	8:24	30
	<b>Lap 9 &amp; 10</b>	00:27:27.61	8:27	9	00:25:57.74	8:27	12						
12	12/64	2/16	75	Dave Kleckner	Male	49	New York	NY	10	00:27:20.53	04:33:25.32		
	<b>Lap 1 to 4</b>	00:27:39.36	8:54	27	00:28:18.40	9:00	33	00:28:05.45	9:01	33	00:27:40.63	8:59	24
	<b>Lap 5 to 8</b>	00:28:14.58	9:00	21	00:27:17.27	8:58	14	00:27:42.55	8:57	16	00:27:12.66	8:56	9
	<b>Lap 9 &amp; 10</b>	00:25:36.73	8:51	8	00:25:37.65	8:48	11						

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## 50K Non-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	13/64	3/16	87	Mike Lynch	Male	49	Sparta	NJ	10	00:27:48.04	04:38:00.43		
	<b>Lap 1 to 4</b>	00:26:12.61	8:26	19	00:25:01.54	8:14	16	00:25:17.35	8:12	16	00:24:41.07	8:08	11
	<b>Lap 5 to 8</b>	00:25:15.72	8:08	10	00:27:14.12	8:14	13	00:28:49.32	8:23	23	00:30:20.84	8:33	19
	<b>Lap 9 &amp; 10</b>	00:34:17.96	8:50	32	00:30:49.87	8:56	22						
14	14/64	4/16	77	Wai Law	Male	46	Bethpage	NY	10	00:27:53.21	04:38:52.19		
	<b>Lap 1 to 4</b>	00:27:36.92	8:53	26	00:26:08.77	8:39	19	00:25:46.57	8:31	17	00:25:48.32	8:28	15
	<b>Lap 5 to 8</b>	00:25:59.71	8:27	12	00:27:54.39	8:32	17	00:27:48.76	8:36	17	00:30:25.86	8:44	20
	<b>Lap 9 &amp; 10</b>	00:31:26.41	8:54	21	00:29:56.44	8:58	20						
15	15/64	2/3	119	Yisroel Pupko	Male	30	Brooklyn	NY	10	00:28:13.78	04:42:17.84		
	<b>Lap 1 to 4</b>	00:29:08.62	9:22	48	00:29:19.85	9:24	49	00:28:53.42	9:22	44	00:28:19.73	9:18	28
	<b>Lap 5 to 8</b>	00:28:42.32	9:17	23	00:28:21.91	9:16	19	00:28:48.59	9:16	22	00:27:53.90	9:13	12
	<b>Lap 9 &amp; 10</b>	00:27:47.40	9:12	11	00:25:02.07	9:05	10						
16	16/64	4/11	125	Erick Rosales	Male	42	Coram	NY	10	00:28:14.78	04:42:27.83		
	<b>Lap 1 to 4</b>	00:28:57.48	9:19	44	00:29:43.72	9:26	54	00:27:46.30	9:16	28	00:28:46.33	9:16	32
	<b>Lap 5 to 8</b>	00:27:56.57	9:12	19	00:28:15.88	9:11	18	00:27:56.92	9:10	18	00:27:45.71	9:08	11
	<b>Lap 9 &amp; 10</b>	00:27:47.40	9:07	12	00:27:31.48	9:05	14						
17	17/64	7/9	80	David Lettieri	Male	35	Rutherford	NJ	10	00:28:29.13	04:44:51.40		
	<b>Lap 1 to 4</b>	00:28:54.62	9:18	43	00:29:08.80	9:20	47	00:27:00.24	9:07	23	00:25:40.77	8:54	13
	<b>Lap 5 to 8</b>	00:26:39.23	8:50	16	00:27:48.22	8:51	16	00:26:49.64	8:49	15	00:30:32.34	8:57	21
	<b>Lap 9 &amp; 10</b>	00:29:59.88	9:01	15	00:32:17.62	9:10	31						
18	18/64	1/9	124	John Rosa	Male	52	Sayville	NY	10	00:28:31.28	04:45:12.85		
	<b>Lap 1 to 4</b>	00:27:16.11	8:46	23	00:27:21.51	8:47	22	00:27:51.01	8:50	31	00:27:38.29	8:51	23
	<b>Lap 5 to 8</b>	00:28:00.45	8:53	20	00:28:24.28	8:55	20	00:29:12.43	8:59	24	00:29:19.22	9:03	15
	<b>Lap 9 &amp; 10</b>	00:30:35.90	9:08	18	00:29:33.62	9:10	18						
19	19/64	5/11	148	David Walker	Male	44	Salt Point	NY	10	00:28:35.96	04:45:59.61		
	<b>Lap 1 to 4</b>	00:28:48.72	9:16		00:29:21.60	9:21		00:28:12.12	9:15		00:27:39.19	9:10	
	<b>Lap 5 to 8</b>	00:28:03.78	9:08		00:28:16.34	9:08		00:28:31.04	9:08		00:28:40.56	9:09	
	<b>Lap 9 &amp; 10</b>	00:29:05.87	9:10		00:29:20.35	9:12							
20	20/64	6/11	135	Gerald Tabios	Male	43	Elmhurst	NY	10	00:28:47.15	04:47:51.58		
	<b>Lap 1 to 4</b>	00:24:25.12	7:51	13	00:24:51.11	7:55	13	00:25:03.43	7:58	15	00:26:00.00	8:04	16
	<b>Lap 5 to 8</b>	00:26:30.59	8:09	15	00:29:57.69	8:24	27	00:32:00.57	8:40	35	00:32:08.58	8:53	25
	<b>Lap 9 &amp; 10</b>	00:33:13.01	9:05	26	00:33:41.46	9:15	37						
21	21/64	5/16	107	Jeffrey Padwa	Male	49	Providence	RI	10	00:28:48.82	04:48:08.23		
	<b>Lap 1 to 4</b>	00:28:42.97	9:14	38	00:28:21.77	9:11	35	00:28:38.92	9:11	41	00:29:30.79	9:16	43
	<b>Lap 5 to 8</b>	00:29:33.88	9:19	37	00:29:03.81	9:19	24	00:28:20.44	9:17	19	00:29:05.71	9:18	14
	<b>Lap 9 &amp; 10</b>	00:28:56.20	9:18	13	00:27:53.71	9:16	15						
22	1/27	1/5	45	Amy Demarco	Female	29	Shoreham	NY	10	00:28:56.86	04:49:28.61		
	<b>Lap 1 to 4</b>	00:26:51.54	8:38	22	00:26:27.37	8:34	20	00:27:10.48	8:38	24	00:27:35.39	8:41	21
	<b>Lap 5 to 8</b>	00:29:06.54	8:49	30	00:28:54.13	8:54	23	00:31:18.06	9:04	33	00:31:43.11	9:13	23
	<b>Lap 9 &amp; 10</b>	00:30:53.05	9:17	19	00:29:28.91	9:19	17						
23	22/64	1/6	144	Marc Vengrove	Male	56	Allentown	PA	10	00:29:12.69	04:52:06.98		
	<b>Lap 1 to 4</b>	00:27:16.15	8:46	24	00:27:34.67	8:49	27	00:27:50.31	8:52	30	00:27:56.82	8:54	25
	<b>Lap 5 to 8</b>	00:28:23.03	8:56	22	00:29:46.39	9:03	26	00:28:47.48	9:05	21	00:29:44.69	9:08	16
	<b>Lap 9 &amp; 10</b>	00:31:40.20	9:15	23	00:33:07.20	9:24	34						
24	23/64	1/1	146	Ryan Viglizzo	Male	27	Brooklyn	CA	10	00:29:23.06	04:53:50.61		
	<b>Lap 1 to 4</b>	00:26:27.70	8:31	20	00:27:30.75	8:41	26	00:26:58.10	8:41	22	00:27:19.79	8:42	18
	<b>Lap 5 to 8</b>	00:29:01.58	8:50	29	00:30:18.58	8:59	31	00:31:27.64	9:09	34	00:32:12.29	9:18	26
	<b>Lap 9 &amp; 10</b>	00:31:31.77	9:23	22	00:31:02.38	9:27	23						

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March 3, 2013

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
25	2/27	1/3	166	Allison Lassoe	Female	50	sheffield	MA	10	00:29:24.76	04:54:07.63		
	<b>Lap 1 to 4</b>	00:28:22.49	9:07	31	00:28:35.96	9:10	38	00:28:15.79	9:08	36	00:29:19.62	9:13	40
	<b>Lap 5 to 8</b>	00:28:53.83	9:14	26	00:29:09.58	9:15	25	00:30:02.14	9:19	27	00:30:19.49	9:22	18
	<b>Lap 9 &amp; 10</b>	00:30:58.06	9:26	20	00:30:10.65	9:27	21						
26	24/64	6/16	12	Dennis Almodovar	Male	45	Massapequa	NY	10	00:29:34.17	04:55:41.74		
	<b>Lap 1 to 4</b>	00:29:35.39	9:31	55	00:29:07.56	9:26	44	00:28:48.33	9:23	43	00:29:01.09	9:22	37
	<b>Lap 5 to 8</b>	00:28:55.49	9:21	27	00:28:47.08	9:20	21	00:29:25.34	9:21	26	00:30:03.04	9:24	17
	<b>Lap 9 &amp; 10</b>	00:30:19.11	9:26	16	00:31:39.29	9:31	29						
27	3/27	1/5	160	Cheryl Yanek	Female	33	Brooklyn	NY	10	00:29:46.95	04:57:49.55		
	<b>Lap 1 to 4</b>	00:24:37.72	7:55	16	00:24:53.88	7:58	14	00:24:40.37	7:57	13	00:26:14.59	8:04	17
	<b>Lap 5 to 8</b>	00:27:54.55	8:15	18	00:30:46.85	8:32	36	00:35:18.12	8:56	54	00:35:42.60	9:15	40
	<b>Lap 9 &amp; 10</b>	00:36:32.58	9:32	38	00:31:08.26	9:35	25						
28	4/27	2/5	60	Mary Harvey	Female	31	Brooklyn	NY	10	00:29:46.97	04:57:49.75		
	<b>Lap 1 to 4</b>	00:28:01.62	9:01	30	00:29:01.29	9:10	41	00:28:55.76	9:13	45	00:29:33.44	9:17	47
	<b>Lap 5 to 8</b>	00:29:21.68	9:19	32	00:28:52.92	9:19	22	00:31:07.64	9:25	31	00:31:16.84	9:30	22
	<b>Lap 9 &amp; 10</b>	00:30:30.27	9:32	17	00:31:08.26	9:35	24						
29	25/64	2/9	94	Cormac Mcguire	Male	53	Smithtown	NY	10	00:29:50.98	04:58:29.89		
	<b>Lap 1 to 4</b>	00:27:51.55	8:57	28	00:27:23.63	8:53	23	00:26:51.52	8:48	20	00:27:20.03	8:48	20
	<b>Lap 5 to 8</b>	00:27:41.13	8:49	17	00:31:34.39	9:02	47	00:32:36.27	9:15	43	00:33:08.20	9:25	29
	<b>Lap 9 &amp; 10</b>	00:34:26.56	9:36	33	00:29:36.57	9:36	19						
30	26/64	7/11	15	Chris Ballou	Male	42	Staten Island	NY	10	00:30:16.31	05:02:43.15		
	<b>Lap 1 to 4</b>	00:28:25.72	9:08	33	00:28:08.20	9:06	32	00:28:15.55	9:06	35	00:28:31.41	9:07	30
	<b>Lap 5 to 8</b>	00:29:12.79	9:10	31	00:30:18.46	9:16	30	00:31:13.48	9:23	32	00:33:17.84	9:33	31
	<b>Lap 9 &amp; 10</b>	00:34:01.21	9:42	29	00:31:18.47	9:44	27						
31	27/64	8/11	174	Seng-Lai Tan	Male	41	Saddle River	NJ	10	00:30:34.17	05:05:41.70		
	<b>Lap 1 to 4</b>	00:26:43.97	8:36	21	00:26:38.58	8:35	21	00:27:11.69	8:38	25	00:28:00.93	8:44	26
	<b>Lap 5 to 8</b>	00:28:56.99	8:51	28	00:30:48.25	9:01	37	00:33:56.28	9:18	51	00:37:49.44	9:39	49
	<b>Lap 9 &amp; 10</b>	00:34:16.16	9:48	31	00:31:19.37	9:50	28						
32	28/64	7/16	168	Joseph Fiorello	Male	46	Brightwaters	NY	10	00:30:46.89	05:07:48.91		
	<b>Lap 1 to 4</b>	00:28:48.27	9:16	39	00:29:21.85	9:21	50	00:29:49.33	9:26	54	00:29:20.40	9:26	41
	<b>Lap 5 to 8</b>	00:29:52.72	9:28	41	00:31:25.67	9:34	44	00:32:18.29	9:41	37	00:32:25.62	9:47	27
	<b>Lap 9 &amp; 10</b>	00:32:32.65	9:52	24	00:31:54.08	9:54	30						
33	5/27	1/4	159	Ayako Yamazaki	Female	37	Suffern	NY	10	00:30:54.88	05:09:08.87		
	<b>Lap 1 to 4</b>	00:29:19.60	9:26	51	00:27:47.78	9:11	29	00:28:37.98	9:12	40	00:29:31.92	9:16	44
	<b>Lap 5 to 8</b>	00:29:33.27	9:19	36	00:30:34.64	9:24	35	00:32:30.98	9:33	41	00:34:43.04	9:45	36
	<b>Lap 9 &amp; 10</b>	00:33:12.20	9:51	25	00:33:17.43	9:57	35						
34	29/64	8/16	98	Daniel Messinger	Male	48	Miami	FL	10	00:31:20.34	05:13:23.43		
	<b>Lap 1 to 4</b>	00:30:53.51	9:56	70	00:30:52.91	9:56	62	00:30:55.00	9:56	62	00:30:31.46	9:54	55
	<b>Lap 5 to 8</b>	00:30:28.50	9:53	46	00:31:16.95	9:55	42	00:30:57.88	9:55	30	00:31:48.99	9:58	24
	<b>Lap 9 &amp; 10</b>	00:33:14.53	10:02	27	00:32:23.66	10:05	32						
35	6/27	1/3	162	Elaine Rita Yulo	Female	49	Elmhurst	NY	10	00:31:26.36	05:14:23.69		
	<b>Lap 1 to 4</b>	00:30:54.88	9:57	71	00:30:16.03	9:50	59	00:29:18.88	9:42	50	00:29:00.84	9:36	36
	<b>Lap 5 to 8</b>	00:29:24.56	9:35	33	00:30:01.31	9:35	28	00:32:22.08	9:42	38	00:35:46.88	9:56	42
	<b>Lap 9 &amp; 10</b>	00:33:54.89	10:02	28	00:33:23.32	10:07	36						
36	7/27	1/5	115	Agnes Porell	Female	44	East Hartford	CT	10	00:31:30.26	05:15:02.61		
	<b>Lap 1 to 4</b>	00:29:12.37	9:24	49	00:29:24.59	9:25	51	00:30:21.14	9:32	59	00:30:02.51	9:34	54
	<b>Lap 5 to 8</b>	00:30:49.33	9:38	49	00:31:01.63	9:42	39	00:32:23.52	9:48	39	00:32:48.62	9:53	28
	<b>Lap 9 &amp; 10</b>	00:34:12.59	10:01	30	00:34:46.27	10:08	40						

# Caumsett Park 50K Championship and GLIRC 25K Run

## 50K Non-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	8/27	2/4	67	Dawn Ibrahim	Female	38	Oakdale	NY	10	00:31:37.36	05:16:13.68		
	<b>Lap 1 to 4</b>	00:28:23.29	9:08	32	00:28:19.94	9:07	34	00:28:26.04	9:08	38	00:28:48.08	9:10	33
	<b>Lap 5 to 8</b>	00:29:29.75	9:14	35	00:31:28.30	9:22	45	00:33:48.52	9:35	48	00:35:00.35	9:48	38
	<b>Lap 9 &amp; 10</b>	00:35:49.48	9:59	37	00:36:39.91	10:10	50						
38	30/64	9/11	151	Michael Wilhelm	Male	43	Brooklyn	NY	10	00:31:40.04	05:16:40.42		
	<b>Lap 1 to 4</b>	00:29:08.62	9:22	47	00:29:02.53	9:21	43	00:28:44.18	9:19	42	00:30:49.52	9:28	58
	<b>Lap 5 to 8</b>	00:30:24.85	9:32	45	00:32:13.59	9:40	49	00:33:11.84	9:49	45	00:34:23.09	9:58	35
	<b>Lap 9 &amp; 10</b>	00:35:47.06	10:08	36	00:32:55.11	10:11	33						
39	31/64	3/9	86	Jay Lustgarten	Male	52	Westerly	RI	10	00:31:54.04	05:19:00.45		
	<b>Lap 1 to 4</b>	00:27:25.54	8:49	25	00:27:55.40	8:54	30	00:28:00.24	8:56	32	00:28:42.57	9:01	31
	<b>Lap 5 to 8</b>	00:29:37.68	9:07	38	00:31:28.94	9:17	46	00:32:44.91	9:28	44	00:36:32.43	9:45	46
	<b>Lap 9 &amp; 10</b>	00:38:09.09	10:02	50	00:38:23.61	10:16	56						
40	32/64	10/11	29	Kenneth Colantuoni	Male	42	Plainview	NY	10	00:32:07.87	05:21:18.75		
	<b>Lap 1 to 4</b>	00:28:52.12	9:17	40	00:29:47.38	9:26	56	00:32:15.93	9:45	67	00:29:45.94	9:42	50
	<b>Lap 5 to 8</b>	00:32:47.55	9:52	55	00:31:15.92	9:54	41	00:30:39.50	9:54	28	00:33:55.38	10:01	33
	<b>Lap 9 &amp; 10</b>	00:37:07.23	10:14	40	00:34:51.76	10:20	41						
41	33/64	9/16	28	Vincent Colantuoni	Male	46	Plainview	NY	10	00:32:07.89	05:21:18.95		
	<b>Lap 1 to 4</b>	00:28:52.81	9:17	41	00:29:47.05	9:26	55	00:32:16.83	9:45	68	00:29:44.93	9:42	49
	<b>Lap 5 to 8</b>	00:32:47.84	9:52	56	00:31:13.77	9:54	40	00:30:42.34	9:54	29	00:34:51.62	10:04	37
	<b>Lap 9 &amp; 10</b>	00:37:08.20	10:16	42	00:33:53.54	10:20	38						
42	9/27	2/5	48	Alessandra Echeverria	Female	26	Oyster Bay	NY	10	00:32:10.92	05:21:49.21		
	<b>Lap 1 to 4</b>	00:28:52.98	9:17	42	00:29:31.62	9:23	53	00:28:21.60	9:18	37	00:29:46.98	9:22	51
	<b>Lap 5 to 8</b>	00:32:32.51	9:35	54	00:32:54.09	9:45	53	00:36:25.85	10:02	58	00:36:57.10	10:16	47
	<b>Lap 9 &amp; 10</b>	00:37:07.73	10:27	41	00:29:18.71	10:21	16						
43	34/64	10/16	82	Joel Lewin	Male	46	Rockville Centre	NY	10	00:32:12.93	05:22:09.35		
	<b>Lap 1 to 4</b>	00:30:16.13	9:44	66	00:29:08.63	9:33	46	00:29:11.01	9:30	48	00:29:55.04	9:32	53
	<b>Lap 5 to 8</b>	00:30:10.93	9:34	42	00:30:23.68	9:36	34	00:33:26.68	9:46	47	00:35:50.86	9:59	44
	<b>Lap 9 &amp; 10</b>	00:37:21.60	10:13	43	00:36:24.75	10:22	49						
44	35/64	11/16	47	Christopher Dunn	Male	47	Rockville Centre	NY	10	00:32:13.01	05:22:10.17		
	<b>Lap 1 to 4</b>	00:30:15.46	9:44	63	00:29:08.00	9:33	45	00:29:10.97	9:30	47	00:29:54.15	9:31	52
	<b>Lap 5 to 8</b>	00:30:12.12	9:34	43	00:30:21.47	9:36	33	00:33:26.20	9:46	46	00:35:47.70	9:59	43
	<b>Lap 9 &amp; 10</b>	00:37:46.16	10:13	45	00:36:07.91	10:22	48						
45	10/27	2/3	76	Sylvie Laquerre	Female	49	Wayne	PA	10	00:32:28.44	05:24:44.47		
	<b>Lap 1 to 4</b>	00:30:02.41	9:40	59	00:31:31.84	9:54	65	00:30:03.38	9:49	56	00:31:48.30	9:55	62
	<b>Lap 5 to 8</b>	00:30:17.31	9:53	44	00:30:57.07	9:54	38	00:32:05.84	9:58	36	00:34:20.30	10:06	34
	<b>Lap 9 &amp; 10</b>	00:38:08.10	10:20	49	00:35:29.89	10:27	43						
46	36/64	12/16	147	Bert Voland	Male	49	Patchogue	NY	10	00:32:30.82	05:25:08.22		
	<b>Lap 1 to 4</b>	00:29:29.17	9:29	54	00:28:51.34	9:23	40	00:28:27.91	9:18	39	00:29:05.38	9:19	38
	<b>Lap 5 to 8</b>	00:31:16.12	9:28	50	00:33:19.73	9:40	55	00:35:37.95	9:56	56	00:36:00.89	10:08	45
	<b>Lap 9 &amp; 10</b>	00:37:31.38	10:21	44	00:35:28.32	10:27	42						
47	11/27	3/5	156	Mable Wong	Female	29	New York	NY	10	00:32:56.03	05:29:20.36		
	<b>Lap 1 to 4</b>	00:28:34.24	9:11	36	00:28:31.93	9:11	36	00:26:56.26	9:00	21	00:27:19.91	8:57	19
	<b>Lap 5 to 8</b>	00:28:48.17	9:01	25	00:31:17.86	9:11	43	00:35:25.12	9:30	55	00:44:16.58	10:06	68
	<b>Lap 9 &amp; 10</b>	00:54:44.62	10:56	71	00:23:25.64	10:35	4						
48	37/64	1/3	155	Foo Yuen Wong	Male	68	New York	NY	10	00:32:59.56	05:29:55.67		
	<b>Lap 1 to 4</b>	00:28:33.84	9:11	35	00:28:32.53	9:11	37	00:27:21.39	9:03	26	00:28:49.59	9:06	34
	<b>Lap 5 to 8</b>	00:29:49.02	9:12	40	00:32:17.81	9:24	50	00:36:27.44	9:44	59	00:37:58.17	10:03	50
	<b>Lap 9 &amp; 10</b>	00:40:06.30	10:22	56	00:39:59.55	10:37	60						

# Caumsett Park 50K Championship and GLIRC 25K Run

## 50K Non-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	12/27	2/5	57	Joanna Grossman	Female	44	Northport	NY	10	00:33:08.14	05:31:21.48		
	<b>Lap 1 to 4</b>	00:29:38.92	9:32	57	00:32:01.29	9:55	68	00:29:45.48	9:48	53	00:30:34.45	9:49	56
	<b>Lap 5 to 8</b>	00:31:49.33	9:54	53	00:33:24.28	10:02	56	00:36:39.46	10:17	60	00:33:55.06	10:22	32
	<b>Lap 9 &amp; 10</b>	00:35:13.01	10:28	34	00:38:20.17	10:39	55						
50	38/64	1/4	150	Dave Weiss	Male	64	Corning	NY	10	00:33:10.44	05:31:44.40		
	<b>Lap 1 to 4</b>	00:31:18.33	10:04	74	00:31:06.51	10:02	63	00:31:19.74	10:03	63	00:31:01.69	10:02	59
	<b>Lap 5 to 8</b>	00:30:40.20	10:00	48	00:33:03.76	10:06	54	00:33:51.90	10:13	49	00:35:13.12	10:21	39
	<b>Lap 9 &amp; 10</b>	00:38:23.50	10:35	51	00:35:45.61	10:40	45						
51	39/64	13/16	167	Michael McLaughlin	Male	45	Bellmore	NY	10	00:33:47.79	05:37:57.98		
	<b>Lap 1 to 4</b>	00:30:15.54	9:44	64	00:31:22.29	9:55	64	00:29:08.13	9:44	46	00:31:07.16	9:48	60
	<b>Lap 5 to 8</b>	00:33:57.20	10:01	59	00:34:06.53	10:11	58	00:39:00.62	10:31	66	00:37:46.25	10:43	48
	<b>Lap 9 &amp; 10</b>	00:35:35.86	10:48	35	00:35:38.38	10:52	44						
52	40/64	4/9	19	Ted Blaszczyk	Male	53	Saint James	NY	10	00:34:19.64	05:43:16.49		
	<b>Lap 1 to 4</b>	00:30:15.67	9:44	65	00:29:10.04	9:33	48	00:29:22.64	9:31	52	00:29:24.43	9:30	42
	<b>Lap 5 to 8</b>	00:30:30.40	9:34	47	00:32:18.10	9:42	51	00:39:59.56	10:09	70	00:41:54.94	10:34	60
	<b>Lap 9 &amp; 10</b>	00:42:32.95	10:55	61	00:37:47.74	11:02	54						
53	41/64	2/4	62	Joe Hayes	Male	64	Portsmouth	NH	10	00:34:41.71	05:46:57.11		
	<b>Lap 1 to 4</b>	00:29:28.34	9:29	53	00:31:37.37	9:49	66	00:30:17.54	9:48	57	00:32:05.63	9:56	63
	<b>Lap 5 to 8</b>	00:33:27.34	10:06	58	00:32:40.24	10:10	52	00:33:52.94	10:16	50	00:38:25.36	10:32	51
	<b>Lap 9 &amp; 10</b>	00:41:47.43	10:51	60	00:43:14.89	11:10	65						
54	42/64	8/9	56	Mitchell Goodman	Male	35	Port Washington	NY	10	00:34:50.79	05:48:27.98		
	<b>Lap 1 to 4</b>	00:24:37.51	7:55	15	00:25:26.17	8:03	18	00:29:11.82	8:30	49	00:28:01.00	8:37	27
	<b>Lap 5 to 8</b>	00:43:51.39	9:43	77	00:44:49.37	10:30	77	00:35:57.13	10:39	57	00:42:45.77	11:03	63
	<b>Lap 9 &amp; 10</b>	00:36:37.49	11:07	39	00:37:10.30	11:12	53						
55	43/64	2/6	140	Dan Turturro	Male	55	St.james	NY	10	00:34:59.87	05:49:58.79		
	<b>Lap 1 to 4</b>	00:31:42.68	10:12	76	00:30:45.05	10:03	61	00:30:48.07	10:00	61	00:31:17.08	10:01	61
	<b>Lap 5 to 8</b>	00:33:02.79	10:08	57	00:33:47.11	10:15	57	00:37:59.04	10:32	63	00:41:11.50	10:53	56
	<b>Lap 9 &amp; 10</b>	00:40:38.83	11:07	58	00:38:46.61	11:15	58						
56	13/27	3/5	20	Danielle Borgo	Female	43	North Babylon	NY	10	00:35:07.26	05:51:12.65		
	<b>Lap 1 to 4</b>	00:32:50.72	10:34	78	00:32:50.96	10:34	69	00:32:59.80	10:35	73	00:32:40.14	10:34	66
	<b>Lap 5 to 8</b>	00:35:23.24	10:44	67	00:34:32.58	10:47	60	00:37:07.26	10:57	62	00:38:44.85	11:09	52
	<b>Lap 9 &amp; 10</b>	00:37:58.85	11:16	48	00:36:04.21	11:18	47						
57	14/27	3/4	38	Lauren Darienzo	Female	36	Long Beach	NY	10	00:35:08.82	05:51:28.26		
	<b>Lap 1 to 4</b>	00:29:38.30	9:32	56	00:31:49.66	9:53	67	00:29:57.73	9:48	55	00:30:34.73	9:49	57
	<b>Lap 5 to 8</b>	00:31:49.32	9:54	52	00:35:52.08	10:10	62	00:39:51.81	10:33	68	00:45:29.67	11:03	69
	<b>Lap 9 &amp; 10</b>	00:40:26.28	11:16	57	00:35:58.65	11:18	46						
58	44/64	3/6	39	Alexis Davidson	Male	57	Brooklyn	NY	10	00:35:31.23	05:55:12.30		
	<b>Lap 1 to 4</b>	00:33:34.75	10:48	82	00:34:05.42	10:53	76	00:34:13.64	10:55	75	00:34:06.55	10:56	70
	<b>Lap 5 to 8</b>	00:34:12.88	10:57	60	00:34:24.46	10:58	59	00:35:12.85	11:01	53	00:35:43.22	11:05	41
	<b>Lap 9 &amp; 10</b>	00:38:50.14	11:14	52	00:40:48.35	11:25	62						
59	45/64	4/6	83	Larry Lewis	Male	55	Brooklyn	NY	10	00:35:36.91	05:56:09.16		
	<b>Lap 1 to 4</b>	00:30:25.29	9:47	68	00:34:42.66	10:28	79	00:32:07.86	10:26	66	00:37:41.77	10:51	80
	<b>Lap 5 to 8</b>	00:35:09.68	10:57	64	00:39:04.84	11:13	67	00:32:31.23	11:06	42	00:39:33.03	11:18	53
	<b>Lap 9 &amp; 10</b>	00:37:46.45	11:24	46	00:37:06.32	11:27	52						
60	46/64	5/9	153	Willie Williams	Male	52	Jamaica	NY	10	00:35:36.95	05:56:09.56		
	<b>Lap 1 to 4</b>	00:30:25.88	9:47	69	00:34:46.33	10:29	80	00:32:04.49	10:26	65	00:37:39.98	10:51	79
	<b>Lap 5 to 8</b>	00:35:09.84	10:57	65	00:39:06.19	11:13	68	00:32:30.76	11:06	40	00:39:33.30	11:18	54
	<b>Lap 9 &amp; 10</b>	00:37:47.15	11:24	47	00:37:05.61	11:27	51						

# Caumsett Park 50K Championship and GLIRC 25K Run

## 50K Non-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		
61	15/27	4/5	149	Nicole Cappalora	Female	27	Deer Park	NY	10	00:36:02.43	06:00:24.30		
	<b>Lap 1 to 4</b>	00:28:37.62	9:12	37	00:28:06.02	9:07	31	00:28:11.63	9:06	34	00:27:37.91	9:03	22
	<b>Lap 5 to 8</b>	00:28:46.93	9:05	24	00:30:20.87	9:12	32	00:36:46.39	9:35	61	00:43:32.75	10:08	65
	<b>Lap 9 &amp; 10</b>	00:55:46.12	11:00	72	00:52:38.04	11:35	72						
62	47/64	5/6	25	Trishul Cherns	Male	55	Middle Village	NY	10	00:36:49.43	06:08:14.34		
	<b>Lap 1 to 4</b>	00:35:57.64	11:34	84	00:35:32.10	11:30	83	00:35:01.75	11:25	79	00:29:40.43	10:57	48
	<b>Lap 5 to 8</b>	00:34:54.30	11:00	61	00:35:20.90	11:04	61	00:38:39.70	11:16	65	00:41:38.77	11:32	59
	<b>Lap 9 &amp; 10</b>	00:42:58.89	11:47	63	00:38:29.84	11:51	57						
63	16/27	5/5	65	Melissa Huggins	Female	29	West Chester	PA	10	00:37:03.59	06:10:35.97		
	<b>Lap 1 to 4</b>	00:31:06.31	10:00	73	00:34:07.13	10:29	77	00:32:55.37	10:31	71	00:34:41.09	10:41	74
	<b>Lap 5 to 8</b>	00:37:18.07	10:57	72	00:39:43.26	11:15	70	00:42:35.26	11:36	75	00:41:12.11	11:48	57
	<b>Lap 9 &amp; 10</b>	00:42:36.32	12:01	62	00:34:21.02	11:55	39						
64	17/27	4/4	110	Erin Petrella	Female	36	Brooklyn	NY	10	00:37:09.01	06:11:30.10		
	<b>Lap 1 to 4</b>	00:29:54.95	9:37	58	00:30:04.89	9:39	57	00:34:17.96	10:06	77	00:34:49.76	10:23	75
	<b>Lap 5 to 8</b>	00:41:17.95	10:58	76	00:42:25.86	11:25	74	00:40:08.07	11:37	71	00:39:59.00	11:47	55
	<b>Lap 9 &amp; 10</b>	00:39:22.84	11:53	53	00:39:08.78	11:57	59						
65	48/64	6/9	26	Chris Clausen	Male	54	Rocky Point	NY	10	00:37:17.95	06:12:59.55		
	<b>Lap 1 to 4</b>	00:30:14.13	9:43	61	00:33:10.09	10:12	72	00:32:31.93	10:17	70	00:33:50.14	10:26	69
	<b>Lap 5 to 8</b>	00:34:57.15	10:36	63	00:37:19.05	10:50	64	00:43:07.98	11:16	78	00:43:47.62	11:37	66
	<b>Lap 9 &amp; 10</b>	00:39:42.09	11:45	54	00:44:19.33	12:00	68						
66	49/64	9/9	123	James Reitzig	Male	38	New York	NY	10	00:37:17.95	06:12:59.55		
	<b>Lap 1 to 4</b>	00:30:12.80	9:43	60	00:33:11.51	10:12	73	00:32:31.29	10:17	69	00:33:49.55	10:26	68
	<b>Lap 5 to 8</b>	00:34:56.65	10:36	62	00:37:17.80	10:50	63	00:43:07.83	11:16	77	00:43:48.44	11:37	67
	<b>Lap 9 &amp; 10</b>	00:39:42.58	11:45	55	00:44:21.08	12:00	69						
67	18/27	2/3	24	Lorna Castellanos	Female	53	Miami	FL	10	00:37:47.72	06:17:57.26		
	<b>Lap 1 to 4</b>	00:33:23.37	10:44	81	00:33:03.58	10:41	71	00:33:47.37	10:45	74	00:34:23.79	10:49	71
	<b>Lap 5 to 8</b>	00:35:15.86	10:56	66	00:39:49.97	11:15	71	00:39:54.57	11:28	69	00:43:21.76	11:47	64
	<b>Lap 9 &amp; 10</b>	00:44:04.45	12:03	66	00:40:52.51	12:09	63						
68	50/64	3/4	109	Edward Peters	Male	61	Norwalk	CT	10	00:37:58.48	06:19:44.87		
	<b>Lap 1 to 4</b>	00:32:33.83	10:28	77	00:33:38.08	10:39	74	00:34:24.80	10:47	78	00:36:42.46	11:02	78
	<b>Lap 5 to 8</b>	00:39:51.44	11:24	74	00:38:12.03	11:33	66	00:38:00.60	11:39	64	00:42:04.09	11:53	61
	<b>Lap 9 &amp; 10</b>	00:40:52.14	12:01	59	00:43:25.36	12:13	66						
69	51/64	14/16	138	Charles Thomas	Male	49	Jamesport	NY	10	00:38:04.68	06:20:46.81		
	<b>Lap 1 to 4</b>	00:30:58.38	9:58	72	00:35:15.98	10:39	82	00:35:48.47	10:56	81	00:36:04.54	11:06	77
	<b>Lap 5 to 8</b>	00:37:31.41	11:18	73	00:39:59.61	11:34	72	00:39:22.03	11:43	67	00:41:20.26	11:55	58
	<b>Lap 9 &amp; 10</b>	00:43:38.97	12:09	64	00:40:47.13	12:15	61						
70	52/64	2/3	49	Peter Farmer	Male	69	New Hyde Park	NY	10	00:38:34.36	06:25:43.64		
	<b>Lap 1 to 4</b>	00:33:03.63	10:38	80	00:33:02.59	10:38	70	00:40:26.28	11:25	86	00:34:29.32	11:20	72
	<b>Lap 5 to 8</b>	00:35:31.60	11:21	68	00:37:25.70	11:28	65	00:41:42.33	11:45	74	00:42:23.67	11:59	62
	<b>Lap 9 &amp; 10</b>	00:43:47.54	12:13	65	00:43:50.95	12:24	67						
71	53/64	7/9	22	Jeffrey Butler	Male	53	Shoreham	NY	10	00:39:37.25	06:36:12.50		
	<b>Lap 1 to 4</b>	00:30:14.64	9:44	62	00:34:17.58	10:23	78	00:35:29.58	10:43	80	00:34:33.05	10:49	73
	<b>Lap 5 to 8</b>	00:36:56.71	11:02	70	00:43:18.83	11:31	75	00:41:17.01	11:46	73	00:47:17.98	12:12	71
	<b>Lap 9 &amp; 10</b>	00:51:34.12	12:41	69	00:41:12.97	12:45	64						
72	19/27	1/1	84	Ruth Liebowitz	Female	70	Staten Island	NY	10	00:44:23.35	07:23:53.55		
	<b>Lap 1 to 4</b>	00:38:12.98	12:18	86	00:38:26.77	12:20	86	00:38:48.92	12:23	84	00:39:54.80	12:30	81
	<b>Lap 5 to 8</b>	00:44:11.87	12:50	78	00:44:01.41	13:04	76	00:47:19.17	13:22	79	00:50:36.39	13:44	72
	<b>Lap 9 &amp; 10</b>	00:53:04.32	14:06	70	00:49:16.88	14:17	70						

# Caumsett Park 50K Championship and GLIRC 25K Run

## 50K Non-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		
73	54/64	15/16	37	Jeff Cummins	Male	49	North Haledon	NJ	10	00:46:59.03	07:49:50.37		
	<b>Lap 1 to 4</b>	00:40:56.65	13:10	87	00:41:06.12	13:12	87	00:42:14.87	13:20	87	00:44:00.87	13:32	83
	<b>Lap 5 to 8</b>	00:46:18.63	13:48	79	00:50:28.77	14:13	79	00:52:08.01	14:35	80	00:52:04.65	14:51	73
	<b>Lap 9 &amp; 10</b>	00:51:08.76	15:02	68	00:49:23.02	15:07	71						
74	20/27	3/5	43	Tracy Dehayes	Female	30	Islip Terrace	NY	9	00:39:41.04	05:57:09.44		
	<b>Lap 1 to 4</b>	00:33:00.13	10:37	79	00:35:02.01	10:56	81	00:36:24.37	11:12	82	00:35:51.42	11:17	76
	<b>Lap 5 to 8</b>	00:37:01.59	11:24	71	00:42:02.98	11:46	73	00:42:50.42	12:03	76	00:46:09.70	12:24	70
	<b>Lap 9 &amp; 10</b>	00:48:46.81	12:46	67									
75	55/64	11/11	127	Gregory Roslonowski	Male	40	Bellerose	NY	8	00:25:28.78	03:23:50.26		
	<b>Lap 1 to 4</b>	00:24:00.56	7:43	11	00:24:09.11	7:45	11	00:24:16.82	7:46	11	00:25:44.32	7:53	14
	<b>Lap 5 to 8</b>	00:24:48.71	7:55	8	00:25:44.25	7:58	10	00:26:26.74	8:03	14	00:28:39.71	8:12	13
	<b>Lap 9 &amp; 10</b>												
76	56/64	8/9	54	Wayne Gibbons	Male	53	Rochelle Park	NJ	8	00:38:34.02	05:08:32.17		
	<b>Lap 1 to 4</b>	00:29:25.37	9:28	52	00:28:47.42	9:22	39	00:31:38.33	9:38	64	00:32:17.41	9:49	64
	<b>Lap 5 to 8</b>	00:48:10.41	10:57	80	00:39:31.93	11:15	69	00:40:23.86	11:30	72	00:58:17.41	12:24	74
	<b>Lap 9 &amp; 10</b>												
77	57/64	6/6	59	John Hanc	Male	58	Farmingdale	NY	7	00:23:50.03	02:46:50.27		
	<b>Lap 1 to 4</b>	00:24:30.18	7:53	14	00:22:43.39	7:35	7	00:23:07.41	7:32	6	00:24:28.58	7:37	10
	<b>Lap 5 to 8</b>	00:23:53.55	7:38	6	00:23:53.18	7:38	7	00:24:13.96	7:40	8			
	<b>Lap 9 &amp; 10</b>												
78	21/27	3/3	136	Alice Tamkin	Female	51	Port Washington	NY	7	00:27:03.98	03:09:27.91		
	<b>Lap 1 to 4</b>	00:29:01.75	9:20	45	00:27:27.71	9:05	24	00:26:41.97	8:55	19	00:29:33.30	9:04	46
	<b>Lap 5 to 8</b>	00:26:13.01	8:56	13	00:25:59.73	8:50	12	00:24:30.42	8:42	9			
	<b>Lap 9 &amp; 10</b>												
79	22/27	3/3	61	Elaine Hassan	Female	45	Port Washington	NY	7	00:27:04.97	03:09:34.83		
	<b>Lap 1 to 4</b>	00:29:02.12	9:20	46	00:27:27.75	9:05	25	00:26:41.78	8:55	18	00:29:32.89	9:04	45
	<b>Lap 5 to 8</b>	00:26:13.63	8:56	14	00:25:59.31	8:50	11	00:24:37.33	8:43	11			
	<b>Lap 9 &amp; 10</b>												
80	23/27	4/5	175	Beth Weinstein	Female	32	Brooklyn	NY	7	00:29:13.53	03:24:34.72		
	<b>Lap 1 to 4</b>	00:28:01.28	9:01	29	00:29:02.23	9:10	42	00:29:22.38	9:16	51	00:29:07.63	9:17	39
	<b>Lap 5 to 8</b>	00:29:27.92	9:20	34	00:30:10.51	9:23	29	00:29:22.75	9:24	25			
	<b>Lap 9 &amp; 10</b>												
81	24/27	4/5	143	Laura Varriale	Female	42	Staten Island	NY	7	00:30:07.96	03:30:55.74		
	<b>Lap 1 to 4</b>	00:28:26.72	9:09	34	00:27:42.25	9:02	28	00:27:50.17	9:00	29	00:28:50.21	9:04	35
	<b>Lap 5 to 8</b>	00:31:21.84	9:16	51	00:31:52.58	9:26	48	00:34:51.95	9:41	52			
	<b>Lap 9 &amp; 10</b>												
82	58/64	4/4	81	Lanny Levit	Male	62	Brooklyn	NY	7	00:46:07.53	05:22:52.71		
	<b>Lap 1 to 4</b>	00:37:56.15	12:12	85	00:38:05.72	12:14	85	00:39:53.96	12:26	85	00:48:27.92	13:13	85
	<b>Lap 5 to 8</b>	00:52:19.38	13:57	83	00:52:55.42	14:27	80	00:53:14.14	14:50	81			
	<b>Lap 9 &amp; 10</b>												
83	59/64	3/3	41	Paul Davis	Male	68	Westport	CT	7	00:51:05.77	05:57:40.44		
	<b>Lap 1 to 4</b>	00:43:04.98	13:51	89	00:45:07.24	14:11	88	00:47:12.00	14:31	89	00:49:34.51	14:53	86
	<b>Lap 5 to 8</b>	00:50:42.84	15:10	82	01:00:24.71	15:53	81	01:01:34.15	16:26	82			
	<b>Lap 9 &amp; 10</b>												
84	60/64	1/1	139	Al Toth	Male	71	Westport	CT	6	00:46:52.59	04:41:15.58		
	<b>Lap 1 to 4</b>	00:43:03.14	13:51	88	00:45:09.08	14:11	89	00:47:11.39	14:31	88	00:50:52.70	14:59	87
	<b>Lap 5 to 8</b>	00:49:23.39	15:10	81	00:45:35.86	15:05	78						
	<b>Lap 9 &amp; 10</b>												

# Caumsett Park 50K Championship and GLIRC 25K Run

## 50K Non-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		
85	61/64	3/3	74	Guy Klarfeld	Male	32	Plainview	NY	5	00:32:07.15	02:40:35.75		
	<b>Lap 1 to 4</b>	00:30:18.75	9:45	67	00:30:18.45	9:45	60	00:30:19.66	9:45	58	00:33:05.97	9:58	67
	<b>Lap 5 to 8</b>	00:36:32.90	10:20	69									
	<b>Lap 9 &amp; 10</b>												
86	62/64	16/16	434	Jonah Dazo	Male	45	Flushing	NY	5	00:49:17.14	04:06:25.71		
	<b>Lap 1 to 4</b>	01:33:51.25	30:12	90	00:33:53.91	20:33	75	00:34:14.08	17:22	76	00:44:14.08	16:35	84
	<b>Lap 5 to 8</b>	00:40:12.38	15:51	75									
	<b>Lap 9 &amp; 10</b>												
87	63/64	1/1	177	Michael Gordon	Male	16	North Woodmere	NY	4	00:24:51.94	01:39:27.76		
	<b>Lap 1 to 4</b>	00:20:09.97	6:29	2	00:23:14.44	6:59	8	00:27:37.54	7:37	27	00:28:25.80	8:00	29
	<b>Lap 5 to 8</b>												
	<b>Lap 9 &amp; 10</b>												
88	25/27	5/5	105	Maria Niemiec	Female	31	Long Island City	NY	4	00:30:27.34	02:01:49.39		
	<b>Lap 1 to 4</b>	00:29:13.12	9:24	50	00:29:29.16	9:26	52	00:30:30.05	9:34	60	00:32:37.05	9:48	65
	<b>Lap 5 to 8</b>												
	<b>Lap 9 &amp; 10</b>												
89	26/27	5/5	50	Franca Ferrari	Female	44	New York	NY	4	00:34:52.67	02:19:30.69		
	<b>Lap 1 to 4</b>	00:34:57.14	11:14	83	00:30:06.16	10:28	58	00:32:59.65	10:31	72	00:41:27.73	11:13	82
	<b>Lap 5 to 8</b>												
	<b>Lap 9 &amp; 10</b>												
90	64/64	9/9	165	Bob Pokorny	Male	51	Medina	OH	3	00:22:19.82	01:06:59.48		
	<b>Lap 1 to 4</b>	00:21:41.23	6:58	4	00:22:01.94	7:02	5	00:23:16.31	7:11	7			
	<b>Lap 5 to 8</b>												
	<b>Lap 9 &amp; 10</b>												
91	27/27	1/1	102	Mary Newell	Female	62	New Haven	CT	3	00:35:23.11	01:46:09.34		
	<b>Lap 1 to 4</b>	00:31:28.88	10:07	75	00:37:24.73	11:05	84	00:37:15.73	11:23	83			
	<b>Lap 5 to 8</b>												
	<b>Lap 9 &amp; 10</b>												