

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Lap legend: (time, pace & place)

Overall Results

March 2, 2014

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
1	1/36	1/11	2910	Ethan Coffey	Male	31	Knoxville	TN	10	00:17:21.27	02:53:32.78		
	Lap 1 to 4	00:17:52.34	5:45	2	00:17:11.52	5:31	1	00:17:14.97	5:33	1	00:17:16.61	5:33	1
	Lap 5 to 8	00:17:22.49	5:35	1	00:17:03.28	5:29	1	00:17:02.06	5:28	1	00:17:16.22	5:33	1
	Lap 9 & 10	00:17:29.77	5:37	1	00:17:43.50	5:42	1						
2	2/36	2/11	2957	Michael Wardian	Male	39	Arlington	NY	10	00:17:57.16	02:59:31.69		
	Lap 1 to 4	00:17:50.82	5:44	1	00:17:13.09	5:32	2	00:17:17.53	5:33	2	00:17:22.24	5:35	2
	Lap 5 to 8	00:17:50.79	5:44	2	00:17:59.20	5:47	2	00:18:05.84	5:49	2	00:18:12.58	5:51	2
	Lap 9 & 10	00:18:35.26	5:58	2	00:19:04.32	6:08	3						
3	3/36	3/11	2965	Josh Ferenc	Male	36	Saxtons River	VT	10	00:18:25.69	03:04:16.91		
	Lap 1 to 4	00:18:09.86	5:50	3	00:18:00.76	5:47	3	00:18:16.60	5:52	3	00:18:18.72	5:53	3
	Lap 5 to 8	00:18:21.55	5:54	3	00:18:09.73	5:50	3	00:18:36.37	5:59	3	00:18:30.00	5:57	3
	Lap 9 & 10	00:18:51.51	6:04	3	00:19:01.77	6:07	2						
4	1/22	1/14	2922	Emily Harrison	Female	28	Flagstaff	AZ	10	00:19:30.06	03:15:00.70		
	Lap 1 to 4	00:19:32.26	6:17	4	00:19:08.11	6:09	4	00:19:04.04	6:08	4	00:19:03.29	6:07	4
	Lap 5 to 8	00:19:06.52	6:09	4	00:19:10.14	6:10	4	00:19:22.20	6:14	4	00:19:35.16	6:18	4
	Lap 9 & 10	00:20:15.01	6:31	4	00:20:43.93	6:40	6						
5	4/36	1/8	2907	Boyd Carrington	Male	41	Amityville	NY	10	00:20:04.77	03:20:47.73		
	Lap 1 to 4	00:20:05.43	6:27	5	00:19:13.69	6:11	5	00:19:31.75	6:17	6	00:19:45.03	6:21	5
	Lap 5 to 8	00:19:58.06	6:25	8	00:19:47.80	6:22	5	00:20:24.56	6:34	6	00:20:32.24	6:36	5
	Lap 9 & 10	00:21:07.84	6:48	6	00:20:21.29	6:33	4						
6	5/36	1/4	2926	Alex Hetherington	Male	46	Vienna	VA	10	00:20:09.17	03:21:31.73		
	Lap 1 to 4	00:20:10.58	6:29	6	00:19:44.12	6:21	8	00:19:31.72	6:17	5	00:19:54.13	6:24	8
	Lap 5 to 8	00:19:53.14	6:24	5	00:20:04.03	6:27	7	00:20:21.62	6:33	5	00:20:36.79	6:38	6
	Lap 9 & 10	00:20:36.41	6:37	5	00:20:39.17	6:38	5						
7	6/36	2/8	2968	Scott Dunlap	Male	44	Woodside	CA	10	00:20:34.95	03:25:49.53		
	Lap 1 to 4	00:20:23.84	6:33	8	00:19:30.46	6:16	6	00:19:33.29	6:17	7	00:19:51.02	6:23	6
	Lap 5 to 8	00:19:56.29	6:25	7	00:20:06.64	6:28	8	00:20:47.79	6:41	7	00:21:10.01	6:48	7
	Lap 9 & 10	00:22:08.07	7:07	9	00:22:22.08	7:11	9						
8	7/36	4/11	2971	Tommy Pyon	Male	36	Flushing	NY	10	00:21:29.17	03:34:51.76		
	Lap 1 to 4	00:21:06.26	6:47	10	00:21:15.56	6:50	14	00:21:21.61	6:52	11	00:21:19.04	6:51	11
	Lap 5 to 8	00:21:21.71	6:52	10	00:21:11.50	6:49	10	00:21:33.42	6:56	9	00:21:53.03	7:02	10
	Lap 9 & 10	00:21:55.07	7:03	7	00:21:54.53	7:03	7						
9	8/36	5/11	2924	Aaron Heath	Male	39	White Plains	NY	10	00:21:42.46	03:37:04.62		
	Lap 1 to 4	00:21:05.58	6:47	9	00:20:46.76	6:41	10	00:20:45.81	6:40	9	00:21:05.07	6:47	10
	Lap 5 to 8	00:20:33.96	6:37	9	00:21:00.79	6:45	9	00:22:27.11	7:13	14	00:22:23.20	7:12	12
	Lap 9 & 10	00:24:13.17	7:47	15	00:22:43.15	7:18	11						
10	9/36	1/6	2944	Jean Pommier	Male	50	Cupertino	CA	10	00:21:43.23	03:37:12.37		
	Lap 1 to 4	00:20:17.42	6:31	7	00:19:38.21	6:19	7	00:19:37.30	6:18	8	00:19:51.59	6:23	7
	Lap 5 to 8	00:19:54.73	6:24	6	00:19:59.89	6:26	6	00:20:58.83	6:45	8	00:25:30.42	8:12	24
	Lap 9 & 10	00:26:16.55	8:27	22	00:25:07.40	8:05	19						
11	10/36	2/4	2956	Stephen Uresk	Male	45	Greenlawn	NY	10	00:21:45.05	03:37:30.50		
	Lap 1 to 4	00:21:07.47	6:47	11	00:20:51.77	6:42	11	00:20:59.43	6:45	10	00:21:01.73	6:46	9
	Lap 5 to 8	00:21:30.06	6:55	11	00:21:46.67	7:00	13	00:21:57.72	7:04	12	00:22:16.76	7:10	11
	Lap 9 & 10	00:22:40.58	7:17	12	00:23:18.28	7:30	15						
12	11/36	3/8	2955	Ian Torrence	Male	41	Flagstaff	AZ	10	00:21:48.89	03:38:08.98		
	Lap 1 to 4	00:21:23.33	6:53	12	00:21:28.30	6:54	16	00:21:27.62	6:54	13	00:21:34.95	6:56	14
	Lap 5 to 8	00:21:38.16	6:57	12	00:21:44.40	6:59	12	00:21:43.04	6:59	10	00:21:46.10	7:00	9
	Lap 9 & 10	00:22:05.90	7:06	8	00:23:17.15	7:29	14						

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Lap legend: (time, pace & place)

Overall Results

March 2, 2014

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
13	12/36	3/4	2931	Byron Lane	Male	46	Stony Brook	NY	10	00:22:12.21	03:42:02.13		
	Lap 1 to 4	00:23:10.91	7:27	22	00:21:34.80	6:56	17	00:21:51.72	7:02	18	00:21:58.03	7:04	17
	Lap 5 to 8	00:21:54.90	7:03	16	00:22:07.80	7:07	15	00:22:03.67	7:06	13	00:22:37.70	7:16	13
	Lap 9 & 10	00:22:26.02	7:13	10	00:22:16.55	7:10	8						
14	13/36	4/4	2927	John Hogan	Male	48	Washington Twsp	NJ	10	00:22:32.24	03:45:22.46		
	Lap 1 to 4	00:21:51.58	7:02	18	00:21:59.80	7:04	19	00:21:51.12	7:01	17	00:21:46.18	7:00	16
	Lap 5 to 8	00:21:47.57	7:00	15	00:21:49.94	7:01	14	00:22:28.05	7:13	15	00:22:42.00	7:18	14
	Lap 9 & 10	00:24:41.87	7:56	16	00:24:24.31	7:51	17						
15	14/36	4/8	2938	Tommy Nettuno	Male	44	West Babylon	NY	10	00:22:34.97	03:45:49.73		
	Lap 1 to 4	00:21:37.33	6:57	16	00:21:07.54	6:47	12	00:21:28.27	6:54	14	00:21:22.53	6:52	12
	Lap 5 to 8	00:21:46.17	7:00	13	00:21:33.89	6:56	11	00:21:52.84	7:02	11	00:21:33.57	6:56	8
	Lap 9 & 10	00:28:12.81	9:04	30	00:25:14.75	8:07	21						
16	2/22	2/14	2919	Taryn Giumento Thomas	Female	28	Scranton	PA	10	00:22:50.55	03:48:25.54		
	Lap 1 to 4	00:21:24.55	6:53	15	00:20:42.08	6:39	9	00:21:32.99	6:56	15	00:21:38.79	6:58	15
	Lap 5 to 8	00:21:59.11	7:04	17	00:22:33.04	7:15	17	00:23:49.21	7:39	22	00:24:39.87	7:56	21
	Lap 9 & 10	00:25:02.08	8:03	19	00:25:03.80	8:04	18						
17	3/22	3/14	2966	Tracy Meder	Female	34	Stow	OH	10	00:22:54.51	03:49:05.19		
	Lap 1 to 4	00:21:24.33	6:53	14	00:21:43.28	6:59	18	00:21:36.06	6:57	16	00:21:59.95	7:04	18
	Lap 5 to 8	00:22:46.83	7:19	18	00:23:19.11	7:30	19	00:23:47.74	7:39	21	00:24:30.61	7:53	19
	Lap 9 & 10	00:24:43.00	7:57	17	00:23:14.24	7:28	13						
18	15/36	2/6	2960	George Worth	Male	51	Islip	NY	10	00:23:02.25	03:50:22.50		
	Lap 1 to 4	00:21:37.58	6:57	17	00:21:07.55	6:47	13	00:21:25.54	6:53	12	00:21:25.79	6:53	13
	Lap 5 to 8	00:21:46.80	7:00	14	00:22:30.54	7:14	16	00:23:51.80	7:40	23	00:24:52.12	8:00	23
	Lap 9 & 10	00:26:31.48	8:32	23	00:25:13.25	8:07	20						
19	16/36	3/6	2953	Brian Teason	Male	53	Manchester	VT	10	00:23:30.05	03:55:00.51		
	Lap 1 to 4	00:23:44.91	7:38	28	00:23:52.58	7:41	26	00:23:41.40	7:37	24	00:24:19.60	7:49	26
	Lap 5 to 8	00:23:36.97	7:36	25	00:24:00.81	7:43	24	00:23:33.02	7:34	17	00:23:00.65	7:24	15
	Lap 9 & 10	00:22:40.53	7:17	11	00:22:30.00	7:14	10						
20	4/22	4/14	2949	Lara Shegoski	Female	21	Belle Mead	NJ	10	00:23:37.91	03:56:19.16		
	Lap 1 to 4	00:21:23.74	6:53	13	00:21:27.36	6:54	15	00:22:15.76	7:09	19	00:22:34.83	7:16	19
	Lap 5 to 8	00:22:48.96	7:20	19	00:23:21.92	7:31	20	00:24:11.89	7:47	25	00:24:44.71	7:57	22
	Lap 9 & 10	00:27:09.06	8:44	26	00:26:20.90	8:28	26						
21	5/22	5/14	2950	Jaclyn Shokey	Female	36	Jim Thorpe	PA	10	00:23:43.02	03:57:10.25		
	Lap 1 to 4	00:22:36.37	7:16	21	00:22:31.08	7:14	20	00:22:51.17	7:21	20	00:23:04.12	7:25	21
	Lap 5 to 8	00:23:23.43	7:31	20	00:23:35.92	7:35	23	00:23:42.41	7:37	20	00:24:33.85	7:54	20
	Lap 9 & 10	00:25:20.38	8:09	20	00:25:31.50	8:12	22						
22	17/36	5/8	2925	Timothy Henderson	Male	44	Sayville	NY	10	00:23:46.34	03:57:43.46		
	Lap 1 to 4	00:23:42.92	7:37	27	00:23:49.22	7:40	24	00:24:07.12	7:45	25	00:23:31.03	7:34	24
	Lap 5 to 8	00:23:34.87	7:35	23	00:23:28.43	7:33	21	00:23:39.73	7:36	19	00:23:47.87	7:39	16
	Lap 9 & 10	00:23:55.93	7:42	14	00:24:06.31	7:45	16						
23	6/22	1/4	2946	Tina-Marie Poulin	Female	41	New York	NY	10	00:23:49.72	03:58:17.24		
	Lap 1 to 4	00:23:19.84	7:30	23	00:23:15.80	7:29	23	00:23:15.55	7:29	23	00:23:16.30	7:29	23
	Lap 5 to 8	00:23:28.00	7:33	22	00:23:28.79	7:33	22	00:23:38.58	7:36	18	00:24:08.00	7:46	18
	Lap 9 & 10	00:24:52.44	8:00	18	00:25:33.93	8:13	23						
24	7/22	6/14	2920	Maggie Guterl	Female	33	Philadelphia	PA	10	00:23:51.06	03:58:30.69		
	Lap 1 to 4	00:23:36.49	7:35	26	00:23:58.90	7:43	27	00:24:17.37	7:49	27	00:24:11.83	7:47	25
	Lap 5 to 8	00:23:35.66	7:35	24	00:24:04.32	7:44	25	00:24:09.40	7:46	24	00:23:48.47	7:39	17
	Lap 9 & 10	00:23:35.27	7:35	13	00:23:12.94	7:28	12						

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Overall Results

March 2, 2014

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time
25	8/22	2/4	2929	Jodi Kartes-Heino	Female	43	East Quogue	NY	10	00:25:02.82	04:10:28.21
	Lap 1 to 4	00:23:24.98	7:32	25	00:23:50.91	7:40	25	00:24:12.48	7:47	00:24:27.48	7:52 28
	Lap 5 to 8	00:24:41.61	7:56	29	00:24:54.97	8:01	28	00:25:14.23	8:07	00:26:04.05	8:23 25
	Lap 9 & 10	00:26:41.03	8:35	24	00:26:56.45	8:40	27				
26	18/36	6/11	2930	Hideki Kinoshita	Male	34	Brooklyn	NY	10	00:25:28.62	04:14:46.21
	Lap 1 to 4	00:22:15.41	7:09	20	00:23:15.79	7:29	22	00:23:11.74	7:27	00:22:43.55	7:18 20
	Lap 5 to 8	00:24:04.17	7:44	27	00:25:34.47	8:13	31	00:27:43.77	8:55	00:27:28.73	8:50 31
	Lap 9 & 10	00:28:45.09	9:15	31	00:29:43.47	9:34	35				
27	19/36	6/8	2933	Steven T Lee	Male	42	New York	NY	10	00:25:41.86	04:16:58.60
	Lap 1 to 4	00:25:40.84	8:15	35	00:24:21.30	7:50	29	00:24:27.47	7:52	00:24:39.61	7:56 29
	Lap 5 to 8	00:25:07.53	8:05	30	00:25:04.84	8:04	29	00:25:50.52	8:19	00:26:42.15	8:35 29
	Lap 9 & 10	00:28:01.49	9:01	29	00:27:02.81	8:42	29				
28	9/22	7/14	2914	Lauren Dorsky	Female	18	Huntington	NY	10	00:25:50.91	04:18:29.15
	Lap 1 to 4	00:23:51.84	7:40	29	00:24:47.33	7:58	30	00:24:55.69	8:01	00:25:38.41	8:15 30
	Lap 5 to 8	00:26:14.28	8:26	33	00:25:16.78	8:08	30	00:26:38.07	8:34	00:26:58.32	8:40 30
	Lap 9 & 10	00:27:11.73	8:45	27	00:26:56.67	8:40	28				
29	20/36	7/8	2951	Mike Skara	Male	42	Livingston	NJ	10	00:26:08.97	04:21:29.77
	Lap 1 to 4	00:24:03.84	7:44	31	00:24:49.76	7:59	31	00:24:52.25	8:00	00:26:20.40	8:28 35
	Lap 5 to 8	00:23:49.35	7:40	26	00:24:25.83	7:51	26	00:24:34.67	7:54	00:26:06.31	8:24 26
	Lap 9 & 10	00:30:39.10	9:51	35	00:31:48.22	10:14	40				
30	10/22	8/14	2936	Shannon Mcginn	Female	38	Avenel	NJ	10	00:26:31.59	04:25:15.97
	Lap 1 to 4	00:24:03.59	7:44	30	00:24:50.22	7:59	32	00:24:52.39	8:00	00:25:45.60	8:17 31
	Lap 5 to 8	00:25:47.60	8:18	31	00:25:48.14	8:18	32	00:27:28.56	8:50	00:28:21.24	9:07 34
	Lap 9 & 10	00:29:32.39	9:30	32	00:28:46.20	9:15	33				
31	21/36	4/6	2963	Eliot Lee	Male	51	Croton On Hudson	NY	10	00:26:49.36	04:28:13.63
	Lap 1 to 4	00:26:18.15	8:27	37	00:26:17.73	8:27	35	00:27:15.53	8:46	00:26:54.57	8:39 36
	Lap 5 to 8	00:26:07.69	8:24	32	00:26:37.21	8:34	33	00:27:20.24	8:47	00:26:24.12	8:29 27
	Lap 9 & 10	00:27:42.64	8:55	28	00:27:15.72	8:46	30				
32	11/22	9/14	2972	Lauren Valentino	Female	35	Mount Vernon	NY	10	00:26:50.85	04:28:28.53
	Lap 1 to 4	00:27:01.35	8:41	39	00:27:21.56	8:48	38	00:27:22.56	8:48	00:27:10.25	8:44 38
	Lap 5 to 8	00:27:16.73	8:46	34	00:26:56.99	8:40	34	00:26:41.26	8:35	00:26:39.27	8:34 28
	Lap 9 & 10	00:26:09.78	8:25	21	00:25:48.76	8:18	25				
33	22/36	5/6	2967	Dave Kleckner	Male	50	New York	NY	10	00:27:24.21	04:34:02.12
	Lap 1 to 4	00:27:52.67	8:58	41	00:27:58.47	9:00	40	00:27:35.46	8:52	00:28:10.71	9:04 41
	Lap 5 to 8	00:27:51.49	8:57	37	00:27:40.33	8:54	36	00:26:55.02	8:39	00:27:32.28	8:51 32
	Lap 9 & 10	00:26:45.36	8:36	25	00:25:40.29	8:15	24				
34	23/36	7/11	2905	Daniel Boline	Male	33	Port Jefferson Sta	NY	10	00:27:26.12	04:34:21.23
	Lap 1 to 4	00:25:13.45	8:07	32	00:24:51.25	7:59	33	00:24:45.75	7:58	00:24:25.00	7:51 27
	Lap 5 to 8	00:24:12.63	7:47	28	00:24:33.70	7:54	27	00:27:13.45	8:45	00:30:02.90	9:40 36
	Lap 9 & 10	00:33:36.14	10:48	43	00:35:26.92	11:24	45				
35	12/22	1/3	2934	Yvonne Leippert	Female	46	Coram	NY	10	00:27:36.15	04:36:01.55
	Lap 1 to 4	00:25:16.29	8:08	33	00:25:24.92	8:10	34	00:25:37.74	8:14	00:26:02.77	8:22 33
	Lap 5 to 8	00:30:08.85	9:42	43	00:26:59.06	8:41	35	00:27:18.25	8:47	00:28:11.62	9:04 33
	Lap 9 & 10	00:33:20.28	10:43	40	00:27:41.75	8:54	31				
36	13/22	1/1	2952	Kim Solomine	Female	56	Syosset	NY	10	00:28:22.76	04:43:47.66
	Lap 1 to 4	00:27:39.25	8:54	40	00:28:03.59	9:01	41	00:27:31.54	8:51	00:27:30.90	8:51 39
	Lap 5 to 8	00:27:43.24	8:55	36	00:28:10.79	9:04	38	00:28:09.64	9:03	00:28:57.57	9:19 35
	Lap 9 & 10	00:29:33.57	9:30	33	00:30:27.55	9:48	36				

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Overall Results

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37	24/36	1/1	2943	Roy Pirrung	Male	65	Kohler	WI	10	00:28:35.46	04:45:54.64		
	Lap 1 to 4	00:26:32.10	8:32	38	00:27:21.56	8:48	37	00:27:35.06	8:52	39	00:27:09.48	8:44	37
	Lap 5 to 8	00:30:06.74	9:41	42	00:27:49.21	8:57	37	00:28:18.39	9:06	38	00:30:32.42	9:49	39
	Lap 9 & 10	00:29:58.34	9:38	34	00:30:31.30	9:49	37						
38	25/36	1/3	2935	Jay Masten	Male	55	Bohemia	NY	10	00:29:27.74	04:54:37.43		
	Lap 1 to 4	00:28:07.29	9:03	42	00:27:49.87	8:57	39	00:30:48.07	9:54	47	00:25:56.97	8:21	32
	Lap 5 to 8	00:28:19.46	9:06	38	00:29:01.93	9:20	39	00:29:10.62	9:23	39	00:30:44.87	9:53	40
	Lap 9 & 10	00:33:35.75	10:48	42	00:31:02.57	9:59	38						
39	14/22	2/3	2970	Lorie Sheinwald	Female	47	Old Bethpage	NY	10	00:29:48.99	04:58:09.92		
	Lap 1 to 4	00:29:10.84	9:23	45	00:29:29.57	9:29	44	00:30:14.77	9:44	46	00:30:06.04	9:41	44
	Lap 5 to 8	00:29:29.58	9:29	41	00:29:45.79	9:34	40	00:30:48.03	9:54	40	00:30:05.97	9:41	37
	Lap 9 & 10	00:30:41.75	9:52	36	00:28:17.54	9:06	32						
40	26/36	8/11	2915	David Drebsky	Male	33	Plainview	NY	10	00:30:05.95	05:00:59.58		
	Lap 1 to 4	00:26:03.92	8:23	36	00:28:26.78	9:09	42	00:28:24.52	9:08	41	00:28:59.62	9:19	42
	Lap 5 to 8	00:29:22.10	9:27	40	00:29:54.94	9:37	41	00:30:49.51	9:55	41	00:32:22.15	10:25	42
	Lap 9 & 10	00:33:21.79	10:44	41	00:33:14.22	10:41	43						
41	27/36	6/6	2969	Michael Hunter	Male	52	Merrick	NY	10	00:30:57.82	05:09:38.21		
	Lap 1 to 4	00:25:25.32	8:10	34	00:26:36.47	8:33	36	00:26:48.78	8:37	35	00:27:33.62	8:52	40
	Lap 5 to 8	00:28:41.59	9:14	39	00:31:00.12	9:58	42	00:32:06.43	10:20	43	00:33:06.21	10:39	44
	Lap 9 & 10	00:38:04.06	12:15	49	00:40:15.59	12:57	53						
42	28/36	1/2	2912	Frank Deleo	Male	60	Brooklyn	NY	10	00:31:06.56	05:11:05.61		
	Lap 1 to 4	00:30:40.33	9:52	51	00:30:15.45	9:44	46	00:29:04.46	9:21	43	00:29:57.73	9:38	43
	Lap 5 to 8	00:30:11.78	9:43	44	00:32:02.19	10:18	46	00:31:07.56	10:01	42	00:32:07.48	10:20	41
	Lap 9 & 10	00:33:09.31	10:40	39	00:32:29.30	10:27	42						
43	15/22	10/14	2961	Cheryl Yanek	Female	34	Brooklyn	NY	10	00:31:52.23	05:18:42.39		
	Lap 1 to 4	00:28:16.26	9:05	44	00:30:52.73	9:56	49	00:32:01.75	10:18	50	00:33:01.07	10:37	51
	Lap 5 to 8	00:32:14.69	10:22	48	00:31:20.69	10:05	43	00:34:26.77	11:05	49	00:35:29.82	11:25	49
	Lap 9 & 10	00:31:15.59	10:03	38	00:29:43.00	9:33	34						
44	16/22	3/4	2962	Laura Saladino	Female	42	Farmingville	NY	10	00:32:21.47	05:23:34.75		
	Lap 1 to 4	00:30:05.32	9:41	48	00:29:19.07	9:26	43	00:28:38.28	9:13	42	00:30:35.56	9:50	45
	Lap 5 to 8	00:31:11.87	10:02	45	00:31:55.77	10:16	44	00:34:01.54	10:57	48	00:37:20.75	12:01	50
	Lap 9 & 10	00:34:44.22	11:10	45	00:35:42.32	11:29	46						
45	17/22	11/14	2923	Mary Harvey	Female	32	Brooklyn	NY	10	00:32:33.94	05:25:39.50		
	Lap 1 to 4	00:28:16.26	9:05	43	00:30:52.66	9:56	48	00:32:02.03	10:18	51	00:33:00.86	10:37	50
	Lap 5 to 8	00:41:00.84	13:12	57	00:32:31.81	10:28	49	00:32:15.85	10:23	44	00:33:01.14	10:37	43
	Lap 9 & 10	00:30:51.29	9:55	37	00:31:46.73	10:13	39						
46	18/22	3/3	2908	Eva Casale	Female	49	Glen Cove	NY	10	00:32:41.25	05:26:52.54		
	Lap 1 to 4	00:30:01.69	9:39	47	00:31:16.86	10:04	51	00:29:45.91	9:34	44	00:32:02.28	10:18	48
	Lap 5 to 8	00:32:56.35	10:36	49	00:32:23.09	10:25	48	00:35:24.89	11:23	50	00:35:14.86	11:20	48
	Lap 9 & 10	00:35:19.36	11:22	47	00:32:27.21	10:26	41						
47	29/36	8/8	2954	Kenneth Tom	Male	43	Brooklyn	NY	10	00:32:42.41	05:27:04.13		
	Lap 1 to 4	00:30:22.42	9:46	50	00:32:25.32	10:26	52	00:30:03.18	9:40	45	00:31:27.65	10:07	47
	Lap 5 to 8	00:31:22.32	10:05	46	00:32:07.56	10:20	47	00:33:17.00	10:42	45	00:34:00.31	10:56	46
	Lap 9 & 10	00:35:54.40	11:33	48	00:36:03.95	11:36	48						
48	19/22	12/14	2902	Gabrielle Andersen	Female	24	Babylon	NY	10	00:33:07.95	05:31:19.56		
	Lap 1 to 4	00:30:54.76	9:56	52	00:31:13.17	10:02	50	00:31:16.95	10:04	48	00:31:04.81	10:00	46
	Lap 5 to 8	00:31:59.93	10:17	47	00:31:57.06	10:17	45	00:33:48.83	10:52	46	00:33:40.92	10:50	45
	Lap 9 & 10	00:39:06.23	12:35	54	00:36:16.88	11:40	49						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Lap legend: (time, pace & place)

Overall Results

March 2, 2014

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
49	30/36	2/2	2903	Charles Bifulco	Male	60	Holtsville	NY	10	00:34:42.93	05:47:09.31		
	Lap 1 to 4	00:37:00.65	11:54	56	00:33:55.66	10:55	56	00:33:07.83	10:39	54	00:36:07.10	11:37	57
	Lap 5 to 8	00:34:24.18	11:04	51	00:35:29.08	11:25	50	00:33:52.07	10:54	47	00:34:15.30	11:01	47
	Lap 9 & 10	00:34:55.72	11:14	46	00:34:01.71	10:57	44						
50	31/36	9/11	2913	Paul Dlug	Male	32	Port Jefferson	NY	10	00:35:27.76	05:54:37.62		
	Lap 1 to 4	00:30:10.60	9:42	49	00:32:36.06	10:29	53	00:31:33.14	10:09	49	00:32:47.76	10:33	49
	Lap 5 to 8	00:34:06.32	10:58	50	00:36:25.07	11:43	52	00:40:59.46	13:11	55	00:39:26.46	12:41	53
	Lap 9 & 10	00:38:20.91	12:20	51	00:38:11.80	12:17	50						
51	20/22	4/4	2906	Danielle Borgo	Female	44	North Babylon	NY	10	00:35:36.75	05:56:07.52		
	Lap 1 to 4	00:34:11.11	11:00	55	00:33:27.53	10:46	54	00:33:34.52	10:48	55	00:33:36.18	10:48	52
	Lap 5 to 8	00:34:24.23	11:04	52	00:36:34.53	11:46	53	00:38:26.87	12:22	52	00:37:51.13	12:10	52
	Lap 9 & 10	00:38:11.88	12:17	50	00:35:49.52	11:31	47						
52	32/36	2/3	2911	Alexis Davidson	Male	58	Brooklyn	NY	10	00:35:59.19	05:59:51.91		
	Lap 1 to 4	00:33:52.60	10:54	54	00:33:43.34	10:51	55	00:34:18.47	11:02	57	00:34:38.15	11:08	54
	Lap 5 to 8	00:35:15.84	11:20	53	00:35:44.57	11:30	51	00:36:34.45	11:46	51	00:37:50.92	12:10	51
	Lap 9 & 10	00:38:52.01	12:30	53	00:39:01.52	12:33	51						
53	33/36	10/11	2940	Yusuf Osmani	Male	39	Kings Park	NY	10	00:36:26.93	06:04:29.33		
	Lap 1 to 4	00:29:43.10	9:33	46	00:30:08.20	9:41	45	00:32:48.93	10:33	53	00:34:25.33	11:04	53
	Lap 5 to 8	00:35:58.81	11:34	54	00:38:11.23	12:17	54	00:40:01.94	12:53	53	00:39:42.55	12:46	54
	Lap 9 & 10	00:40:34.79	13:03	55	00:42:54.41	13:48	54						
54	21/22	13/14	2909	Jacqueline Choi	Female	33	Leonia	NJ	10	00:36:50.13	06:08:21.36		
	Lap 1 to 4	00:30:56.60	9:57	53	00:30:42.06	9:52	47	00:32:41.33	10:31	52	00:35:10.40	11:19	55
	Lap 5 to 8	00:38:25.22	12:21	56	00:38:12.37	12:17	55	00:40:05.41	12:54	54	00:39:56.75	12:51	55
	Lap 9 & 10	00:42:07.59	13:33	56	00:40:03.60	12:53	52						
55	34/36	3/3	2941	Frank Pellegrino	Male	59	East Patchogue	NY	10	00:38:51.16	06:28:31.63		
	Lap 1 to 4	00:37:00.65	11:54	57	00:33:55.80	10:55	57	00:33:59.01	10:56	56	00:35:37.12	11:27	56
	Lap 5 to 8	00:38:06.10	12:15	55	00:43:22.01	13:57	56	00:43:17.15	13:55	56	00:41:23.63	13:19	56
	Lap 9 & 10	00:38:21.74	12:20	52	00:43:28.41	13:59	55						
56	35/36	1/1	2904	Patrick Bivona	Male	72	Clifton	NJ	10	00:43:17.51	07:12:55.12		
	Lap 1 to 4	00:38:54.82	12:31	58	00:41:22.69	13:19	58	00:41:55.30	13:29	58	00:42:19.66	13:37	58
	Lap 5 to 8	00:43:02.08	13:51	58	00:44:04.97	14:11	57	00:44:41.35	14:23	57	00:45:40.68	14:42	57
	Lap 9 & 10	00:45:05.65	14:30	57	00:45:47.89	14:44	56						
57	36/36	11/11	2921	Trent Hampton	Male	35	West Babylon	NY	9	00:25:09.80	03:46:28.21		
	Lap 1 to 4	00:23:20.30	7:30	24	00:23:09.68	7:27	21	00:23:12.47	7:28	22	00:23:16.04	7:29	22
	Lap 5 to 8	00:23:25.70	7:32	21	00:23:00.98	7:24	18	00:22:50.42	7:21	16	00:30:22.71	9:46	38
	Lap 9 & 10	00:33:49.88	10:53	44									
58	22/22	14/14	2918	Anna Fyodorova	Female	32	Brooklyn	NY	5	00:24:57.96	02:04:49.82		
	Lap 1 to 4	00:22:07.26	7:07	19	00:24:06.61	7:45	28	00:24:48.32	7:59	30	00:26:08.96	8:24	34
	Lap 5 to 8	00:27:38.65	8:53	35									
	Lap 9 & 10												