

Caumsett Park 50K Championship and GLIRC 25K Run

50K Non-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	1/53	1/18	465	Joe Marinaccio	Male	43	Oakdale	NY	10	00:21:58.87	03:39:48.76		
	Lap 1 to 4	00:21:06.62	6:47	2	00:20:52.01	6:42	3	00:21:13.52	6:49	3	00:21:04.07	6:46	3
	Lap 5 to 8	00:21:30.71	6:55	3	00:22:05.45	7:06	3	00:22:12.47	7:08	2	00:23:00.81	7:24	2
	Lap 9 & 10	00:23:39.25	7:36	1	00:23:03.83	7:25	1						
2	2/53	1/5	440	James Ford	Male	29	Southport	CT	10	00:22:17.39	03:42:53.91		
	Lap 1 to 4	00:20:45.74	6:40	1	00:20:07.99	6:28	1	00:20:26.66	6:34	1	00:20:25.28	6:34	1
	Lap 5 to 8	00:20:40.94	6:39	1	00:21:29.70	6:55	2	00:22:57.12	7:23	3	00:24:26.98	7:52	3
	Lap 9 & 10	00:24:48.55	7:59	2	00:26:44.93	8:36	5						
3	3/53	1/6	458	David Lettieri	Male	36	Rutherford	NJ	10	00:25:51.78	04:18:37.86		
	Lap 1 to 4	00:27:28.27	8:50	22	00:26:49.55	8:38	17	00:25:58.67	8:21	15	00:25:26.27	8:11	11
	Lap 5 to 8	00:25:51.73	8:19	10	00:24:46.10	7:58	6	00:25:04.15	8:04	6	00:25:04.91	8:04	4
	Lap 9 & 10	00:25:58.61	8:21	4	00:26:09.55	8:25	4						
4	4/53	2/18	479	Vijay Singh	Male	44	New York	NY	10	00:26:07.01	04:21:10.18		
	Lap 1 to 4	00:23:35.19	7:35	7	00:24:01.69	7:44	7	00:24:16.81	7:48	7	00:24:16.20	7:48	6
	Lap 5 to 8	00:24:29.90	7:53	7	00:25:58.57	8:21	8	00:27:07.54	8:43	11	00:26:47.81	8:37	5
	Lap 9 & 10	00:29:44.90	9:34	11	00:30:51.54	9:55	15						
5	5/53	3/18	480	Gerald Tabios	Male	44	Elmhurst	NY	10	00:26:24.38	04:24:03.86		
	Lap 1 to 4	00:24:17.33	7:49	9	00:24:40.31	7:56	10	00:24:48.85	7:59	11	00:25:02.20	8:03	8
	Lap 5 to 8	00:25:16.45	8:08	8	00:24:39.50	7:56	5	00:25:03.26	8:03	5	00:28:08.00	9:03	8
	Lap 9 & 10	00:32:22.61	10:25	14	00:29:45.33	9:34	13						
6	6/53	1/6	463	Mike Lynch	Male	50	Henderson	NV	10	00:26:24.57	04:24:05.79		
	Lap 1 to 4	00:28:03.44	9:01	27	00:24:34.88	7:54	9	00:24:26.13	7:51	8	00:24:39.73	7:56	7
	Lap 5 to 8	00:23:20.61	7:30	5	00:26:24.07	8:29	12	00:32:24.32	10:25	26	00:30:25.68	9:47	15
	Lap 9 & 10	00:25:07.05	8:05	3	00:24:39.86	7:56	2						
7	1/16	1/4	487	Ayako Yamazaki	Female	38	Chestnut Ridge	NY	10	00:26:38.91	04:26:29.13		
	Lap 1 to 4	00:26:32.35	8:32	14	00:26:09.31	8:25	16	00:26:08.50	8:24	16	00:25:47.78	8:18	13
	Lap 5 to 8	00:25:58.61	8:21	11	00:26:14.25	8:26	10	00:26:39.09	8:34	7	00:27:20.39	8:47	6
	Lap 9 & 10	00:27:53.41	8:58	5	00:27:45.40	8:56	6						
8	7/53	4/18	424	David Boudreau	Male	42	Brookline	NH	10	00:26:52.48	04:28:44.82		
	Lap 1 to 4	00:25:59.50	8:21	12	00:24:56.65	8:01	11	00:24:48.72	7:59	10	00:25:10.28	8:06	9
	Lap 5 to 8	00:26:08.81	8:24	13	00:25:56.68	8:21	7	00:26:51.03	8:38	8	00:28:26.06	9:09	9
	Lap 9 & 10	00:31:05.52	10:00	12	00:29:21.54	9:26	12						
9	8/53	5/18	444	Steve Grgas	Male	40	East Williston	NY	10	00:27:49.59	04:38:15.90		
	Lap 1 to 4	00:26:53.10	8:39	18	00:29:05.31	9:21	34	00:28:49.44	9:16	31	00:26:39.43	8:34	18
	Lap 5 to 8	00:27:46.31	8:56	21	00:27:04.96	8:42	15	00:27:24.07	8:49	12	00:27:58.96	9:00	7
	Lap 9 & 10	00:28:04.06	9:02	6	00:28:30.23	9:10	7						
10	9/53	1/6	485	Marc Vengrove	Male	57	Allentown	PA	10	00:28:05.41	04:40:54.15		
	Lap 1 to 4	00:26:42.10	8:35	16	00:27:09.84	8:44	18	00:26:57.90	8:40	17	00:27:00.43	8:41	19
	Lap 5 to 8	00:26:51.55	8:38	17	00:26:55.14	8:39	14	00:27:03.19	8:42	10	00:29:03.75	9:21	14
	Lap 9 & 10	00:31:59.41	10:17	13	00:31:10.81	10:02	16						
11	2/16	1/4	493	Karen Marmon	Female	33	Brooklyn	NY	10	00:28:28.75	04:44:47.54		
	Lap 1 to 4	00:30:27.71	9:48	47	00:28:06.44	9:02	25	00:27:51.77	8:58	22	00:28:07.86	9:03	23
	Lap 5 to 8	00:27:59.41	9:00	23	00:28:06.95	9:02	16	00:27:54.57	8:58	15	00:28:38.56	9:13	10
	Lap 9 & 10	00:28:53.17	9:17	9	00:28:41.07	9:13	11						
12	10/53	1/2	455	Doron Kenter	Male	31	New York	NY	10	00:28:31.74	04:45:17.41		
	Lap 1 to 4	00:28:23.79	9:08	30	00:28:18.58	9:06	28	00:28:13.07	9:04	24	00:28:34.12	9:11	26
	Lap 5 to 8	00:29:22.04	9:27	26	00:29:13.96	9:24	22	00:29:19.20	9:26	18	00:28:53.61	9:17	13
	Lap 9 & 10	00:29:08.54	9:22	10	00:25:50.47	8:19	3						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Non-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		
13	11/53	2/5	433	Dominic Davis	Male	29	Brooklyn	NY	10	00:28:36.42	04:46:04.23		
	Lap 1 to 4	00:29:35.60	9:31	37	00:28:43.11	9:14	30	00:28:46.27	9:15	29	00:29:27.74	9:28	32
	Lap 5 to 8	00:27:10.23	8:44	19	00:28:41.45	9:14	18	00:27:38.42	8:53	13	00:28:46.09	9:15	12
	Lap 9 & 10	00:28:42.66	9:14	8	00:28:32.62	9:11	8						
14	12/53	2/6	447	Daniel Guralnick	Male	38	Brooklyn	NY	10	00:28:36.46	04:46:04.64		
	Lap 1 to 4	00:29:32.35	9:30	36	00:28:45.95	9:15	31	00:28:57.54	9:19	33	00:27:55.04	8:59	22
	Lap 5 to 8	00:28:31.86	9:10	24	00:28:41.54	9:14	19	00:27:38.67	8:53	14	00:28:45.76	9:15	11
	Lap 9 & 10	00:28:42.65	9:14	7	00:28:33.23	9:11	9						
15	13/53	2/6	421	John Abbate	Male	58	Yorktown Heights	NY	10	00:28:40.06	04:46:40.67		
	Lap 1 to 4	00:26:18.10	8:27	13	00:27:48.54	8:57	22	00:28:13.01	9:04	23	00:25:57.57	8:21	16
	Lap 5 to 8	00:26:10.10	8:25	14	00:26:11.55	8:25	9	00:26:52.80	8:39	9	00:30:52.50	9:56	17
	Lap 9 & 10	00:33:58.50	10:56	20	00:34:17.96	11:02	26						
16	14/53	1/2	429	Alp Cingi	Male	22	New Paltz	NY	10	00:28:40.53	04:46:45.36		
	Lap 1 to 4	00:26:33.39	8:32	15	00:25:49.30	8:18	15	00:25:14.76	8:07	12	00:25:50.44	8:19	14
	Lap 5 to 8	00:26:11.28	8:25	15	00:28:26.10	9:09	17	00:30:29.18	9:48	19	00:31:29.38	10:08	18
	Lap 9 & 10	00:33:55.25	10:55	19	00:32:46.26	10:32	20						
17	15/53	3/5	451	Dermot Hoyne	Male	27	Bellmore	NY	10	00:28:54.34	04:49:03.46		
	Lap 1 to 4	00:30:16.72	9:44	42	00:25:35.19	8:14	12	00:25:18.68	8:08	13	00:26:10.24	8:25	17
	Lap 5 to 8	00:25:36.51	8:14	9	00:26:20.22	8:28	11	00:28:21.88	9:07	16	00:30:46.31	9:54	16
	Lap 9 & 10	00:42:02.46	13:31	44	00:28:35.23	9:12	10						
18	16/53	6/18	438	Rob Festa	Male	42	Lindenhurst	NY	10	00:29:28.81	04:54:48.18		
	Lap 1 to 4	00:23:39.59	7:36	8	00:22:56.89	7:23	6	00:23:22.46	7:31	6	00:25:56.55	8:20	15
	Lap 5 to 8	00:26:08.78	8:24	12	00:28:42.08	9:14	20	00:35:22.44	11:23	35	00:32:44.80	10:32	24
	Lap 9 & 10	00:40:55.36	13:10	38	00:34:59.21	11:15	27						
19	17/53	2/6	422	Stephen Bandfield	Male	50	Parsippany	NJ	10	00:29:31.21	04:55:12.13		
	Lap 1 to 4	00:27:59.10	9:00	25	00:27:58.57	9:00	23	00:27:15.48	8:46	18	00:27:04.25	8:42	20
	Lap 5 to 8	00:27:41.51	8:54	20	00:28:48.93	9:16	21	00:29:14.85	9:24	17	00:32:24.57	10:25	22
	Lap 9 & 10	00:33:25.05	10:45	18	00:33:19.79	10:43	22						
20	18/53	7/18	499	Luis Miguel Callao	Male	44	Locust Valley	NY	10	00:29:50.64	04:58:26.40		
	Lap 1 to 4	00:22:45.58	7:19	6	00:24:31.17	7:53	8	00:24:39.69	7:56	9	00:25:38.50	8:15	12
	Lap 5 to 8	00:26:57.86	8:40	18	00:29:32.80	9:30	24	00:31:58.52	10:17	22	00:35:30.14	11:25	30
	Lap 9 & 10	00:38:16.05	12:18	34	00:38:36.06	12:25	37						
21	19/53	1/5	423	Juerg Bandle	Male	63	New York	NY	10	00:29:54.79	04:59:07.91		
	Lap 1 to 4	00:28:05.26	9:02	28	00:28:28.14	9:09	29	00:28:42.32	9:14	27	00:29:08.41	9:22	30
	Lap 5 to 8	00:29:23.32	9:27	27	00:29:48.46	9:35	26	00:30:31.56	9:49	20	00:31:42.68	10:12	19
	Lap 9 & 10	00:32:51.95	10:34	16	00:30:25.77	9:47	14						
22	20/53	8/18	491	Bob Tucci	Male	40	Manorville	NY	10	00:29:57.26	04:59:32.64		
	Lap 1 to 4	00:25:01.44	8:03	10	00:25:42.42	8:16	14	00:25:38.84	8:15	14	00:25:23.05	8:10	10
	Lap 5 to 8	00:26:43.89	8:36	16	00:29:32.61	9:30	23	00:34:56.09	11:14	33	00:36:04.59	11:36	31
	Lap 9 & 10	00:35:12.88	11:20	24	00:35:16.80	11:21	29						
23	21/53	3/6	489	Ira Zaroff	Male	38	Melviell	NY	10	00:30:13.24	05:02:12.41		
	Lap 1 to 4	00:28:08.70	9:03	29	00:27:32.21	8:51	20	00:28:46.56	9:15	30	00:27:15.94	8:46	21
	Lap 5 to 8	00:27:47.18	8:56	22	00:29:43.17	9:33	25	00:32:18.71	10:23	24	00:31:58.97	10:17	21
	Lap 9 & 10	00:34:28.09	11:05	22	00:34:12.84	11:00	25						
24	22/53	3/6	466	Cormac Mcguire	Male	54	Smithtown	NY	10	00:30:17.44	05:02:54.40		
	Lap 1 to 4	00:27:24.99	8:49	20	00:27:34.13	8:52	21	00:27:31.49	8:51	19	00:28:27.09	9:09	25
	Lap 5 to 8	00:29:37.89	9:32	28	00:32:29.07	10:27	33	00:31:42.78	10:12	21	00:33:03.32	10:38	25
	Lap 9 & 10	00:33:05.10	10:38	17	00:31:58.51	10:17	18						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Non-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		
25	23/53	9/18	477	Bastiaan Schuttevaer	Male	43	Westfield	NJ	10	00:32:04.44	05:20:44.49		
	Lap 1 to 4	00:28:43.53	9:14	31	00:28:52.63	9:17	33	00:28:33.69	9:11	26	00:29:05.68	9:21	29
	Lap 5 to 8	00:30:13.23	9:43	32	00:31:39.62	10:11	29	00:34:47.08	11:11	32	00:36:49.71	11:51	34
	Lap 9 & 10	00:37:53.67	12:11	33	00:34:05.61	10:58	24						
26	24/53	10/18	482	John Timmons li	Male	42	Yonkers	NY	10	00:32:39.42	05:26:34.25		
	Lap 1 to 4	00:30:22.61	9:46	45	00:31:22.77	10:05	45	00:31:04.31	10:00	43	00:31:28.28	10:07	41
	Lap 5 to 8	00:32:03.65	10:19	38	00:31:27.85	10:07	28	00:33:14.75	10:42	28	00:33:41.86	10:50	27
	Lap 9 & 10	00:36:12.76	11:39	26	00:35:35.38	11:27	31						
27	3/16	1/3	443	Tiffany Goldenstone	Female	27	New York	NY	10	00:32:39.44	05:26:34.45		
	Lap 1 to 4	00:30:22.61	9:46	44	00:32:24.58	10:25	49	00:30:03.10	9:40	38	00:31:27.27	10:07	40
	Lap 5 to 8	00:31:22.96	10:06	36	00:32:08.34	10:20	30	00:33:14.90	10:42	29	00:33:52.07	10:54	28
	Lap 9 & 10	00:36:03.01	11:36	25	00:35:35.58	11:27	32						
28	4/16	2/4	488	Bomina Yu	Female	39	Brooklyn	NY	10	00:32:40.76	05:26:47.66		
	Lap 1 to 4	00:30:33.21	9:50	48	00:32:07.16	10:20	46	00:33:05.32	10:38	53	00:33:17.87	10:43	49
	Lap 5 to 8	00:35:05.95	11:17	50	00:32:30.12	10:27	34	00:32:10.48	10:21	23	00:32:28.98	10:27	23
	Lap 9 & 10	00:32:38.73	10:30	15	00:32:49.81	10:33	21						
29	25/53	11/18	461	Albert Lione	Male	40	Shelton	CT	10	00:33:00.57	05:30:05.75		
	Lap 1 to 4	00:29:26.50	9:28	35	00:29:19.47	9:26	37	00:30:01.87	9:39	37	00:32:09.11	10:20	43
	Lap 5 to 8	00:31:53.91	10:16	37	00:34:06.76	10:58	39	00:34:32.58	11:07	31	00:36:15.63	11:40	32
	Lap 9 & 10	00:37:15.08	11:59	29	00:35:04.81	11:17	28						
30	26/53	3/6	460	Larry D. Lewis	Male	56	Brooklyn	NY	10	00:33:15.36	05:32:33.61		
	Lap 1 to 4	00:29:49.10	9:35	38	00:29:58.82	9:38	41	00:32:52.40	10:34	51	00:31:40.49	10:11	42
	Lap 5 to 8	00:33:47.71	10:52	44	00:32:18.26	10:23	31	00:35:38.19	11:28	36	00:35:22.33	11:23	29
	Lap 9 & 10	00:34:57.82	11:15	23	00:36:08.46	11:37	34						
31	27/53	12/18	441	Brian D Foy	Male	43	Johnston	RI	10	00:33:31.94	05:35:19.49		
	Lap 1 to 4	00:30:49.36	9:55	50	00:35:10.44	11:19	60	00:32:49.90	10:34	50	00:30:09.47	9:42	35
	Lap 5 to 8	00:30:02.75	9:40	29	00:30:47.23	9:54	27	00:37:11.36	11:58	43	00:31:47.27	10:13	20
	Lap 9 & 10	00:37:28.54	12:03	32	00:39:03.14	12:34	39						
32	5/16	2/4	428	Fanny Chu	Female	33	Sunnyside	NY	10	00:33:45.37	05:37:33.74		
	Lap 1 to 4	00:31:44.36	10:12	53	00:29:37.85	9:32	38	00:29:46.78	9:35	35	00:31:13.17	10:02	38
	Lap 5 to 8	00:33:24.47	10:45	42	00:38:06.77	12:16	50	00:36:45.09	11:49	41	00:38:03.44	12:14	38
	Lap 9 & 10	00:37:17.88	12:00	30	00:31:33.90	10:09	17						
33	6/16	1/3	474	Stephanie Ruzicka	Female	48	Florham Park	NJ	10	00:34:07.15	05:41:11.53		
	Lap 1 to 4	00:28:54.53	9:18	33	00:28:52.06	9:17	32	00:28:45.38	9:15	28	00:29:24.56	9:27	31
	Lap 5 to 8	00:29:16.95	9:25	25	00:32:58.23	10:36	35	00:36:02.65	11:36	37	00:41:23.54	13:19	46
	Lap 9 & 10	00:45:45.22	14:43	55	00:39:48.37	12:48	43						
34	28/53	4/6	486	Bert Volland	Male	50	Patchogue	NY	10	00:34:11.25	05:41:52.53		
	Lap 1 to 4	00:28:01.81	9:01	26	00:29:18.36	9:25	36	00:31:21.57	10:05	46	00:31:23.07	10:06	39
	Lap 5 to 8	00:33:36.80	10:49	43	00:35:49.59	11:31	43	00:39:18.33	12:39	48	00:38:07.12	12:16	39
	Lap 9 & 10	00:39:03.99	12:34	35	00:35:51.87	11:32	33						
35	29/53	1/1	467	Milko Mejja	Male	45	Fresh Meadows	NY	10	00:34:13.02	05:42:10.23		
	Lap 1 to 4	00:30:21.20	9:46	43	00:28:08.46	9:03	26	00:28:56.00	9:18	32	00:30:40.86	9:52	37
	Lap 5 to 8	00:31:01.77	9:59	35	00:33:45.60	10:51	38	00:35:19.73	11:22	34	00:40:54.94	13:10	44
	Lap 9 & 10	00:42:53.01	13:48	50	00:40:08.62	12:55	45						
36	30/53	4/6	492	Alexis Kim	Male	39	Brooklyn	NY	10	00:34:16.72	05:42:47.22		
	Lap 1 to 4	00:30:33.61	9:50	49	00:34:54.03	11:13	57	00:30:18.03	9:45	39	00:33:14.97	10:42	48
	Lap 5 to 8	00:35:18.01	11:21	53	00:33:41.09	10:50	37	00:33:42.78	10:51	30	00:33:24.84	10:45	26
	Lap 9 & 10	00:36:54.03	11:52	28	00:40:45.81	13:07	46						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Non-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		
37	7/16	2/3	446	Joanna Grossman	Female	45	Northport	NY	10	00:34:18.15	05:43:01.53		
	Lap 1 to 4	00:29:52.85	9:37	40	00:30:23.64	9:46	42	00:30:46.95	9:54	42	00:34:07.36	10:58	53
	Lap 5 to 8	00:33:09.07	10:40	41	00:35:36.98	11:27	42	00:38:50.00	12:29	45	00:36:18.26	11:41	33
	Lap 9 & 10	00:36:28.82	11:44	27	00:37:27.57	12:03	35						
38	31/53	13/18	450	Karl Himmelmann	Male	43	Manorville	NY	10	00:34:22.29	05:43:42.95		
	Lap 1 to 4	00:28:46.58	9:15	32	00:29:51.04	9:36	40	00:30:26.60	9:47	40	00:30:02.70	9:40	34
	Lap 5 to 8	00:30:41.18	9:52	33	00:38:31.45	12:23	52	00:39:13.78	12:37	47	00:37:46.46	12:09	37
	Lap 9 & 10	00:39:06.43	12:35	36	00:39:16.69	12:38	41						
39	32/53	4/6	427	Trishul Cherns	Male	56	Middle Village	NY	10	00:34:56.25	05:49:22.55		
	Lap 1 to 4	00:31:49.98	10:14	56	00:34:47.45	11:11	56	00:31:48.98	10:14	48	00:33:58.35	10:56	52
	Lap 5 to 8	00:33:00.11	10:37	40	00:32:28.34	10:27	32	00:32:23.12	10:25	25	00:38:32.93	12:24	40
	Lap 9 & 10	00:41:09.40	13:14	42	00:39:23.85	12:40	42						
40	8/16	2/3	419	Alessandra Echeverria	Female	27	Oyster Bay	NY	10	00:34:57.92	05:49:39.25		
	Lap 1 to 4	00:29:13.48	9:24	34	00:33:15.07	10:42	52	00:31:32.95	10:09	47	00:32:57.80	10:36	45
	Lap 5 to 8	00:34:20.54	11:03	46	00:36:38.27	11:47	46	00:39:02.36	12:33	46	00:37:23.98	12:02	35
	Lap 9 & 10	00:41:25.76	13:20	43	00:33:49.01	10:53	23						
41	33/53	2/5	434	Lee Dickey	Male	60	Dracut	MA	10	00:35:01.85	05:50:18.53		
	Lap 1 to 4	00:31:46.36	10:13	54	00:32:40.57	10:31	50	00:32:42.59	10:31	49	00:33:03.24	10:38	46
	Lap 5 to 8	00:34:03.05	10:57	45	00:35:56.66	11:34	45	00:36:26.22	11:43	39	00:37:26.93	12:03	36
	Lap 9 & 10	00:37:24.58	12:02	31	00:38:48.31	12:29	38						
42	9/16	3/3	439	Sarah Fleming	Female	27	New York City	NY	10	00:35:31.16	05:55:11.69		
	Lap 1 to 4	00:32:03.71	10:19	57	00:35:00.17	11:15	58	00:35:23.35	11:23	59	00:34:24.61	11:04	54
	Lap 5 to 8	00:35:15.76	11:20	52	00:37:32.31	12:04	49	00:36:26.41	11:43	40	00:39:24.15	12:40	41
	Lap 9 & 10	00:34:17.67	11:02	21	00:35:23.53	11:23	30						
43	34/53	3/5	445	Ronald Grinnell	Male	61	Centereach	NY	10	00:35:42.27	05:57:02.80		
	Lap 1 to 4	00:27:42.51	8:55	24	00:28:03.38	9:01	24	00:27:50.57	8:57	21	00:28:11.93	9:04	24
	Lap 5 to 8	00:34:29.87	11:06	47	00:33:34.62	10:48	36	00:36:47.33	11:50	42	00:43:53.09	14:07	53
	Lap 9 & 10	00:48:01.05	15:27	56	00:48:28.42	15:36	56						
44	10/16	1/1	457	Anna Lau	Female	52	Hicksville	NY	10	00:36:01.87	06:00:18.80		
	Lap 1 to 4	00:33:26.56	10:45	58	00:29:47.66	9:35	39	00:31:09.07	10:01	45	00:33:10.17	10:40	47
	Lap 5 to 8	00:34:53.33	11:13	48	00:38:18.93	12:19	51	00:44:43.59	14:23	56	00:41:13.79	13:16	45
	Lap 9 & 10	00:40:57.85	13:11	39	00:32:37.82	10:30	19						
45	35/53	5/6	462	Jay Lustgarten	Male	53	Westerly	RI	10	00:36:42.65	06:07:06.57		
	Lap 1 to 4	00:30:00.24	9:39	41	00:30:29.61	9:48	43	00:31:05.89	10:00	44	00:32:45.69	10:32	44
	Lap 5 to 8	00:35:13.19	11:20	51	00:37:20.69	12:01	48	00:39:34.98	12:44	49	00:41:24.59	13:19	47
	Lap 9 & 10	00:44:11.76	14:13	53	00:44:59.90	14:28	53						
46	36/53	5/6	496	Michael Bozzo	Male	38	Whitestone	NY	10	00:36:47.21	06:07:52.16		
	Lap 1 to 4	00:26:48.83	8:37	17	00:29:15.53	9:25	35	00:30:30.92	9:49	41	00:33:51.56	10:53	51
	Lap 5 to 8	00:36:38.28	11:47	54	00:41:38.80	13:24	57	00:42:03.36	13:32	51	00:42:35.98	13:42	50
	Lap 9 & 10	00:41:09.03	13:14	41	00:43:19.84	13:56	51						
47	11/16	3/4	420	Shannon Petitjean	Female	37	Leonardtown	MD	10	00:36:47.52	06:07:55.20		
	Lap 1 to 4	00:34:11.31	11:00	60	00:33:27.63	10:46	53	00:34:27.89	11:05	56	00:35:46.50	11:30	57
	Lap 5 to 8	00:36:40.27	11:48	55	00:35:53.06	11:32	44	00:36:07.16	11:37	38	00:39:51.38	12:49	42
	Lap 9 & 10	00:40:24.25	13:00	37	00:41:05.70	13:13	47						
48	12/16	3/4	449	Talisa Hayes	Female	33	New York	NY	10	00:36:50.12	06:08:21.23		
	Lap 1 to 4	00:30:25.35	9:47	46	00:32:14.83	10:22	47	00:33:05.07	10:38	52	00:33:26.02	10:45	50
	Lap 5 to 8	00:35:01.48	11:16	49	00:37:19.72	12:00	47	00:42:10.29	13:34	52	00:42:26.76	13:39	49
	Lap 9 & 10	00:42:08.07	13:33	45	00:40:03.62	12:53	44						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Non-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	13/16	4/4	425	Kathryn Brown	Female	34	Great Mills	MD	10	00:38:02.35	06:20:23.59		
	Lap 1 to 4	00:34:12.72	11:00	61	00:34:22.10	11:03	55	00:33:36.44	10:48	55	00:35:45.04	11:30	56
	Lap 5 to 8	00:38:53.87	12:31	57	00:39:04.18	12:34	54	00:38:26.58	12:22	44	00:40:45.15	13:06	43
	Lap 9 & 10	00:42:23.60	13:38	48	00:42:53.88	13:48	49						
50	37/53	5/6	484	Dan Turturro	Male	56	Saint James	NY	10	00:40:08.25	06:41:22.50		
	Lap 1 to 4	00:33:55.11	10:55	59	00:33:31.36	10:47	54	00:35:39.80	11:28	61	00:43:17.03	13:55	65
	Lap 5 to 8	00:39:44.51	12:47	59	00:46:02.79	14:49	63	00:41:14.90	13:16	50	00:44:24.73	14:17	54
	Lap 9 & 10	00:42:20.22	13:37	46	00:41:12.04	13:15	48						
51	38/53	1/2	470	Al Prawda	Male	66	Brooklyn	NY	10	00:40:25.26	06:44:12.66		
	Lap 1 to 4	00:35:26.12	11:24	63	00:39:04.08	12:34	66	00:35:03.15	11:16	57	00:36:06.81	11:37	58
	Lap 5 to 8	00:37:29.82	12:04	56	00:38:45.62	12:28	53	00:43:20.75	13:57	53	00:50:10.60	16:08	58
	Lap 9 & 10	00:43:11.57	13:54	52	00:45:34.11	14:39	54						
52	39/53	14/18	475	Ziyad Rahim	Male	40	Doha		10	00:40:39.89	06:46:38.94		
	Lap 1 to 4	00:30:49.86	9:55	51	00:35:10.55	11:19	61	00:35:37.54	11:27	60	00:40:08.25	12:55	62
	Lap 5 to 8	00:42:37.00	13:42	61	00:45:21.64	14:35	61	00:46:33.61	14:59	57	00:43:26.84	13:59	52
	Lap 9 & 10	00:42:21.35	13:37	47	00:44:32.28	14:20	52						
53	40/53	4/5	464	Myles Mahoney	Male	25	Huntington	NY	10	00:41:07.06	06:51:10.67		
	Lap 1 to 4	00:29:50.47	9:36	39	00:32:18.11	10:23	48	00:35:17.83	11:21	58	00:37:33.97	12:05	59
	Lap 5 to 8	00:39:36.02	12:44	58	00:40:27.25	13:01	55	00:47:07.42	15:10	58	00:48:28.87	15:36	57
	Lap 9 & 10	00:49:02.35	15:47	57	00:51:28.35	16:33	59						
54	14/16	4/4	500	Maria Conaicao	Female	36	Dubai		10	00:41:57.78	06:59:37.86		
	Lap 1 to 4	00:38:44.67	12:28	68	00:38:59.90	12:33	64	00:40:18.23	12:58	63	00:38:33.58	12:24	60
	Lap 5 to 8	00:45:02.83	14:29	65	00:46:59.35	15:07	64	00:49:13.59	15:50	60	00:41:34.51	13:22	48
	Lap 9 & 10	00:40:58.68	13:11	40	00:39:12.50	12:37	40						
55	15/16	1/1	471	D Lydia Redding	Female	59	Teaneck	NJ	10	00:41:59.91	06:59:59.19		
	Lap 1 to 4	00:40:36.31	13:04	69	00:39:00.65	12:33	65	00:40:24.16	13:00	64	00:38:35.13	12:25	61
	Lap 5 to 8	00:40:23.13	12:59	60	00:40:58.42	13:11	56	00:44:33.04	14:20	55	00:43:06.06	13:52	51
	Lap 9 & 10	00:42:23.98	13:38	49	00:49:58.28	16:05	57						
56	41/53	4/5	469	Ed Peters	Male	62	Norwalk	CT	10	00:42:57.43	07:09:34.37		
	Lap 1 to 4	00:38:17.96	12:19	67	00:40:51.92	13:09	68	00:41:08.62	13:14	66	00:41:59.76	13:30	63
	Lap 5 to 8	00:43:38.97	14:02	64	00:43:30.32	14:00	59	00:44:18.05	14:15	54	00:45:21.91	14:36	55
	Lap 9 & 10	00:43:04.08	13:51	51	00:47:22.76	15:14	55						
57	42/53	6/6	476	Vincent Sanchioni	Male	58	Norwalk	CT	10	00:45:27.02	07:34:30.26		
	Lap 1 to 4	00:38:17.95	12:19	66	00:41:02.71	13:12	69	00:43:35.14	14:01	68	00:45:43.80	14:43	67
	Lap 5 to 8	00:49:35.65	15:57	67	00:51:06.95	16:27	65	00:49:25.26	15:54	61	00:47:11.84	15:11	56
	Lap 9 & 10	00:45:32.34	14:39	54	00:42:58.59	13:49	50						
58	43/53	5/5	472	Luis Romo	Male	26	Smithtown	NY	10	00:46:32.06	07:45:20.69		
	Lap 1 to 4	00:37:19.37	12:00	65	00:38:02.47	12:14	63	00:40:53.61	13:09	65	00:45:58.44	14:47	68
	Lap 5 to 8	00:47:54.48	15:25	66	00:45:58.27	14:47	62	00:48:51.95	15:43	59	00:54:02.70	17:23	59
	Lap 9 & 10	00:55:01.18	17:42	59	00:51:18.19	16:30	58						
59	44/53	5/5	459	Lanny Levit	Male	63	Brooklyn	NY	10	00:48:25.77	08:04:17.77		
	Lap 1 to 4	00:35:40.62	11:28	64	00:36:00.06	11:35	62	00:46:51.28	15:04	69	00:54:35.57	17:34	69
	Lap 5 to 8	00:57:00.72	18:20	69	00:55:52.35	17:58	66	00:54:02.17	17:23	63	00:54:16.03	17:27	60
	Lap 9 & 10	00:51:47.39	16:40	58	00:38:11.56	12:17	36						
60	16/16	3/3	448	Monica Harrigan	Female	49	Valley Stream	NY	10	00:52:08.10	08:41:21.00		
	Lap 1 to 4	00:31:48.55	10:14	55	00:35:10.24	11:19	59	00:38:54.98	12:31	62	00:44:05.34	14:11	66
	Lap 5 to 8	00:53:48.87	17:19	68	01:10:36.16	22:43	67	01:03:05.75	20:18	64	01:02:20.24	20:03	62
	Lap 9 & 10	01:00:53.62	19:35	60	01:00:37.22	19:30	60						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Non-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		
61	45/53	15/18	498	Jerry Pannullo	Male	44	East Islip	NY	8	00:21:06.98	02:48:55.91		
	Lap 1 to 4	00:21:37.33	6:57	4	00:21:07.47	6:47	4	00:21:25.30	6:53	4	00:21:33.31	6:56	4
	Lap 5 to 8	00:20:58.71	6:45	2	00:21:20.66	6:52	1	00:20:41.07	6:39	1	00:20:12.04	6:30	1
	Lap 9 & 10												
62	46/53	2/2	481	James Thornton	Male	65	Garden City	NY	8	00:43:39.79	05:49:18.36		
	Lap 1 to 4	00:34:34.62	11:07	62	00:39:13.25	12:37	67	00:42:54.93	13:48	67	00:42:40.02	13:43	64
	Lap 5 to 8	00:42:48.98	13:46	62	00:35:33.40	11:26	41	00:50:29.21	16:14	62	01:01:03.93	19:39	61
	Lap 9 & 10												
63	47/53	16/18	430	Elliot Coups	Male	40	Brooklyn	NY	7	00:23:02.01	02:41:14.14		
	Lap 1 to 4	00:22:17.58	7:10	5	00:22:49.99	7:20	5	00:23:14.08	7:28	5	00:22:44.85	7:19	5
	Lap 5 to 8	00:23:48.94	7:39	6	00:23:06.91	7:26	4	00:23:11.76	7:27	4			
	Lap 9 & 10												
64	48/53	2/2	497	Jonathan Brunot	Male	24	W Hempstead	NY	7	00:31:34.21	03:40:59.53		
	Lap 1 to 4	00:27:38.65	8:53	23	00:33:00.78	10:37	51	00:29:47.77	9:35	36	00:30:23.04	9:46	36
	Lap 5 to 8	00:32:04.11	10:19	39	00:35:11.09	11:19	40	00:32:54.07	10:35	27			
	Lap 9 & 10												
65	49/53	2/2	452	Ronald Joseph	Male	30	Rockaway Park	NY	6	00:22:05.57	02:12:33.44		
	Lap 1 to 4	00:21:07.73	6:48	3	00:20:51.10	6:42	2	00:20:59.49	6:45	2	00:21:00.65	6:45	2
	Lap 5 to 8	00:21:54.67	7:03	4	00:26:39.78	8:34	13						
	Lap 9 & 10												
66	50/53	17/18	494	Dennis Fabriczak	Male	43	Sag Harbor	NY	6	00:30:58.85	03:05:53.10		
	Lap 1 to 4	00:27:02.26	8:42	19	00:27:28.39	8:50	19	00:28:27.46	9:09	25	00:29:03.16	9:21	28
	Lap 5 to 8	00:30:13.21	9:43	31	00:43:38.60	14:02	60						
	Lap 9 & 10												
67	51/53	18/18	495	Rich Sandstrom	Male	43	Hampton Bays	NY	6	00:31:19.29	03:07:55.78		
	Lap 1 to 4	00:27:27.86	8:50	21	00:28:16.80	9:06	27	00:29:22.95	9:27	34	00:29:54.72	9:37	33
	Lap 5 to 8	00:30:03.53	9:40	30	00:42:49.90	13:47	58						
	Lap 9 & 10												
68	52/53	6/6	453	Matthew Kearns	Male	37	E Setauket	NY	5	00:27:33.71	02:17:48.59		
	Lap 1 to 4	00:25:09.94	8:05	11	00:25:41.45	8:16	13	00:27:35.73	8:52	20	00:28:37.02	9:12	27
	Lap 5 to 8	00:30:44.45	9:53	34									
	Lap 9 & 10												
69	53/53	6/6	442	Wayne Gibbons	Male	54	Rochelle Park	NJ	5	00:34:33.46	02:52:47.32		
	Lap 1 to 4	00:30:56.58	9:57	52	00:30:42.09	9:52	44	00:33:18.08	10:43	54	00:34:34.03	11:07	55
	Lap 5 to 8	00:43:16.53	13:55	63									
	Lap 9 & 10												