

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results - Female

March 2, 2014

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
1	7/190	1/1	366	Tara Wilson	Female	36	West Islip	NY	5	00:21:05.78	01:45:28.91		
	Lap 1 to 4	00:20:40.12	6:39	5	00:20:37.33	6:38	6	00:21:10.01	6:48	8	00:21:37.88	6:57	13
	Lap 5 to 8	00:21:23.54	6:53	11									
	Lap 9 & 10												
2	10/190	1/3	302	Kathryn Martin	Female	62	Northport	NY	5	00:21:19.68	01:46:38.41		
	Lap 1 to 4	00:21:22.65	6:52	12	00:21:05.12	6:47	9	00:21:11.88	6:49	9	00:21:13.29	6:49	9
	Lap 5 to 8	00:21:45.45	7:00	16									
	Lap 9 & 10												
3	12/190	1/10	243	Tara Farrell	Female	35	East Quogue	NY	5	00:21:25.27	01:47:06.36		
	Lap 1 to 4	00:21:22.65	6:52	11	00:21:29.54	6:55	16	00:21:40.23	6:58	15	00:21:12.01	6:49	8
	Lap 5 to 8	00:21:21.91	6:52	9									
	Lap 9 & 10												
4	15/190	1/16	342	Jill Skelly	Female	50	Baldwin	NY	5	00:21:39.68	01:48:18.43		
	Lap 1 to 4	00:21:24.49	6:53	13	00:21:25.93	6:53	14	00:21:33.26	6:56	13	00:21:42.11	6:59	14
	Lap 5 to 8	00:22:12.62	7:08	20									
	Lap 9 & 10												
5	17/190	1/13	212	Laura Brown	Female	46	Westhampton Be	NY	5	00:21:50.58	01:49:12.91		
	Lap 1 to 4	00:21:53.21	7:02	21	00:21:55.45	7:03	25	00:21:57.61	7:04	21	00:21:50.83	7:01	18
	Lap 5 to 8	00:21:35.79	6:57	15									
	Lap 9 & 10												
6	24/190	1/16	314	Kate Mullen-Most	Female	43	Bayport	NY	5	00:22:12.26	01:51:01.34		
	Lap 1 to 4	00:21:50.97	7:01	19	00:21:41.61	6:58	19	00:22:10.95	7:08	27	00:22:30.58	7:14	26
	Lap 5 to 8	00:22:47.21	7:20	28									
	Lap 9 & 10												
7	27/190	1/10	388	Allison Clark	Female	34	Hauppauge	NY	5	00:22:18.77	01:51:33.85		
	Lap 1 to 4	00:21:55.67	7:03	22	00:21:54.02	7:02	24	00:22:09.01	7:07	26	00:22:43.79	7:18	30
	Lap 5 to 8	00:22:51.36	7:21	31									
	Lap 9 & 10												
8	30/190	2/10	377	Sky Canaves	Female	39	New York	NY	5	00:22:41.08	01:53:25.42		
	Lap 1 to 4	00:22:22.69	7:12	26	00:22:25.83	7:13	33	00:22:43.73	7:18	32	00:22:52.87	7:21	33
	Lap 5 to 8	00:23:00.30	7:24	34									
	Lap 9 & 10												
9	32/190	2/16	329	Barbara Russo	Female	50	Sayville	NY	5	00:22:50.57	01:54:12.89		
	Lap 1 to 4	00:22:29.59	7:14	27	00:22:19.55	7:11	32	00:22:41.24	7:18	31	00:23:14.74	7:28	36
	Lap 5 to 8	00:23:27.76	7:33	41									
	Lap 9 & 10												
10	34/190	2/13	274	Mary-Frances Horan	Female	45	Lake Ronkonkom	NY	5	00:22:56.72	01:54:43.61		
	Lap 1 to 4	00:23:16.22	7:29	41	00:23:09.31	7:27	43	00:22:57.16	7:23	35	00:22:36.09	7:16	28
	Lap 5 to 8	00:22:44.82	7:19	25									
	Lap 9 & 10												
11	35/190	1/6	325	Emma Riconda	Female	57	Northport	NY	5	00:23:05.31	01:55:26.59		
	Lap 1 to 4	00:22:39.72	7:17	32	00:22:59.26	7:23	38	00:23:14.31	7:28	39	00:23:21.32	7:31	37
	Lap 5 to 8	00:23:11.96	7:28	35									
	Lap 9 & 10												
12	48/190	2/16	239	Kathy Dormer	Female	44	Williston Park	NY	5	00:23:58.45	01:59:52.29		
	Lap 1 to 4	00:24:46.23	7:58	60	00:24:26.10	7:51	57	00:24:05.62	7:45	50	00:23:21.61	7:31	38
	Lap 5 to 8	00:23:12.71	7:28	37									
	Lap 9 & 10												

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Overall Results - Female

March 2, 2014

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
13	49/190	3/10	345	Kirsten Spillane	Female	37	Massapequa	NY	5	00:24:01.56	02:00:07.80		
	Lap 1 to 4	00:23:52.95	7:41	51	00:23:42.75	7:37	51	00:24:07.77	7:45	51	00:24:21.40	7:50	54
	Lap 5 to 8	00:24:02.92	7:44	50									
	Lap 9 & 10												
14	51/190	3/13	282	Charlotte Johnson	Female	46	Port Jefferson Sta	NY	5	00:24:23.53	02:01:57.69		
	Lap 1 to 4	00:26:12.70	8:26	74	00:24:27.66	7:52	59	00:24:11.47	7:47	52	00:23:47.80	7:39	44
	Lap 5 to 8	00:23:18.05	7:29	38									
	Lap 9 & 10												
15	54/190	4/10	261	Evy Gonzales	Female	37	Brooklyn	NY	5	00:24:34.55	02:02:52.78		
	Lap 1 to 4	00:25:22.48	8:10	66	00:24:42.05	7:57	62	00:24:46.30	7:58	56	00:24:10.89	7:46	49
	Lap 5 to 8	00:23:51.04	7:40	46									
	Lap 9 & 10												
16	57/190	1/4	297	Jill Loveland	Female	28	Hicksville	NY	5	00:24:55.73	02:04:38.68		
	Lap 1 to 4	00:24:31.56	7:53	57	00:23:36.95	7:36	49	00:24:33.14	7:54	53	00:25:16.55	8:08	59
	Lap 5 to 8	00:26:40.47	8:35	75									
	Lap 9 & 10												
17	58/190	2/6	387	Dolores Doman	Female	57	Dix Hills	NY	5	00:25:24.38	02:07:01.92		
	Lap 1 to 4	00:27:37.98	8:53	103	00:24:32.54	7:53	61	00:25:03.12	8:03	60	00:24:49.33	7:59	56
	Lap 5 to 8	00:24:58.93	8:02	60									
	Lap 9 & 10												
18	60/190	2/4	306	Meagan Mcgregor	Female	26	Selden	NY	5	00:25:25.03	02:07:05.17		
	Lap 1 to 4	00:26:42.62	8:35	82	00:25:38.85	8:15	74	00:25:24.87	8:10	63	00:25:44.89	8:17	62
	Lap 5 to 8	00:23:33.93	7:35	42									
	Lap 9 & 10												
19	65/190	3/16	268	Kat Hankinson	Female	50	Huntington	NY	5	00:25:48.14	02:09:00.71		
	Lap 1 to 4	00:25:29.45	8:12	68	00:25:39.82	8:15	75	00:25:41.64	8:16	68	00:26:03.48	8:23	71
	Lap 5 to 8	00:26:06.30	8:24	70									
	Lap 9 & 10												
20	68/190	4/13	374	Dionida Ryce	Female	45	Valley Stream	NY	5	00:26:00.71	02:10:03.59		
	Lap 1 to 4	00:26:49.95	8:38	84	00:26:01.78	8:22	78	00:25:55.70	8:20	72	00:26:26.21	8:30	78
	Lap 5 to 8	00:24:49.94	7:59	56									
	Lap 9 & 10												
21	70/190	3/16	272	Stephanie Hoffmann	Female	41	Glen Cove	NY	5	00:26:02.29	02:10:11.46		
	Lap 1 to 4	00:26:42.23	8:35	80	00:26:14.21	8:26	82	00:26:05.67	8:23	80	00:26:01.54	8:22	69
	Lap 5 to 8	00:25:07.80	8:05	62									
	Lap 9 & 10												
22	72/190	4/16	347	Kellie Stamm	Female	52	Sayville	NY	5	00:26:03.16	02:10:15.80		
	Lap 1 to 4	00:26:42.23	8:35	81	00:26:14.61	8:26	84	00:26:04.53	8:23	78	00:26:03.14	8:23	70
	Lap 5 to 8	00:25:11.28	8:06	63									
	Lap 9 & 10												
23	76/190	2/10	269	Maryann Harkins	Female	34	Port Jefferson Sta	NY	5	00:26:07.19	02:10:35.95		
	Lap 1 to 4	00:27:13.62	8:45	90	00:26:21.83	8:29	86	00:26:16.07	8:27	86	00:25:50.38	8:18	64
	Lap 5 to 8	00:24:54.03	8:00	58									
	Lap 9 & 10												
24	77/190	5/16	389	Torie Kramer	Female	50	Northport	NY	5	00:26:16.87	02:11:24.36		
	Lap 1 to 4	00:27:10.76	8:44	88	00:25:07.68	8:05	67	00:26:00.15	8:22	75	00:27:20.06	8:47	85
	Lap 5 to 8	00:25:45.70	8:17	67									
	Lap 9 & 10												

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Overall Results - Female

March 2, 2014

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25	78/190	4/16	339	Leah Serlin	Female	42	Dix Hills	NY	5	00:26:18.74	02:11:33.71		
	Lap 1 to 4	00:26:19.65	8:28	76	00:26:26.61	8:30	88	00:26:12.47	8:26	83	00:26:03.92	8:23	72
	Lap 5 to 8	00:26:31.05	8:32	73									
	Lap 9 & 10												
26	88/190	3/10	367	Mable Wong	Female	30	Greenlawn	NY	5	00:27:15.44	02:16:17.22		
	Lap 1 to 4	00:26:04.17	8:23	72	00:26:38.23	8:34	90	00:26:14.09	8:26	85	00:28:24.11	9:08	100
	Lap 5 to 8	00:28:56.60	9:18	102									
	Lap 9 & 10												
27	89/190	5/16	354	Jenney Tesoriero	Female	43	Westbury	NY	5	00:27:19.23	02:16:36.16		
	Lap 1 to 4	00:26:41.61	8:35	78	00:27:15.66	8:46	98	00:26:56.69	8:40	92	00:28:21.83	9:07	99
	Lap 5 to 8	00:27:20.36	8:47	87									
	Lap 9 & 10												
28	90/190	5/10	232	Kristine Densing	Female	37	Bayport	NY	5	00:27:28.64	02:17:23.22		
	Lap 1 to 4	00:28:16.24	9:05	114	00:26:52.63	8:39	92	00:28:53.99	9:18	113	00:27:36.49	8:53	90
	Lap 5 to 8	00:25:43.87	8:16	66									
	Lap 9 & 10												
29	93/190	5/13	259	Katherine Glubiak	Female	49	Commack	NY	5	00:27:36.02	02:18:00.14		
	Lap 1 to 4	00:27:26.88	8:50	95	00:27:07.91	8:43	95	00:27:41.31	8:54	98	00:27:50.23	8:57	91
	Lap 5 to 8	00:27:53.80	8:58	90									
	Lap 9 & 10												
30	94/190	6/16	376	Ingrid Mathison	Female	51	W Hempstead	NY	5	00:27:45.76	02:18:48.82		
	Lap 1 to 4	00:27:32.74	8:51	101	00:27:12.94	8:45	96	00:27:40.67	8:54	97	00:28:01.45	9:01	94
	Lap 5 to 8	00:28:21.01	9:07	94									
	Lap 9 & 10												
31	96/190	6/13	292	Constance Lawson	Female	47	Patchogue	NY	5	00:27:55.72	02:19:38.63		
	Lap 1 to 4	00:30:17.84	9:45	134	00:28:06.78	9:02	114	00:26:48.74	8:37	90	00:27:20.94	8:48	87
	Lap 5 to 8	00:27:04.33	8:42	85									
	Lap 9 & 10												
32	97/190	6/10	236	Kelly Dietrich	Female	38	Massapequa	NY	5	00:28:04.64	02:20:23.23		
	Lap 1 to 4	00:27:48.99	8:57	106	00:27:26.33	8:49	101	00:28:03.00	9:01	102	00:28:31.81	9:10	102
	Lap 5 to 8	00:28:33.10	9:11	98									
	Lap 9 & 10												
33	98/190	2/3	398	Catherine Oehrlein	Female	60	Northport	NY	5	00:28:08.17	02:20:40.87		
	Lap 1 to 4	00:27:48.23	8:56	104	00:27:59.32	9:00	108	00:28:18.80	9:06	105	00:28:09.56	9:03	96
	Lap 5 to 8	00:28:24.95	9:08	95									
	Lap 9 & 10												
34	100/190	3/6	254	Patricia Garone	Female	56	Valley Stream	NY	5	00:28:10.73	02:20:53.66		
	Lap 1 to 4	00:28:15.24	9:05	113	00:28:04.29	9:02	112	00:27:53.77	8:58	99	00:28:14.61	9:05	98
	Lap 5 to 8	00:28:25.74	9:09	96									
	Lap 9 & 10												
35	101/190	4/6	276	Lorraine Huether	Female	57	Melville	NY	5	00:28:14.14	02:21:10.73		
	Lap 1 to 4	00:27:30.48	8:51	96	00:28:03.24	9:01	111	00:28:19.44	9:06	106	00:28:32.34	9:11	103
	Lap 5 to 8	00:28:45.21	9:15	100									
	Lap 9 & 10												
36	102/190	7/10	202	Heather Ackerly	Female	37	Selden	NY	5	00:28:14.47	02:21:12.36		
	Lap 1 to 4	00:27:13.42	8:45	89	00:27:14.12	8:45	97	00:28:12.97	9:04	104	00:29:01.68	9:20	107
	Lap 5 to 8	00:29:30.16	9:29	105									
	Lap 9 & 10												

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Overall Results - Female

March 2, 2014

Place	overall Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
37	107/190	4/10	357	Melissa Tourtoulis	Female	32	North Massapequ	NY	5	00:28:38.44	02:23:12.21		
	Lap 1 to 4	00:28:06.33	9:02	111	00:27:57.94	9:00	107	00:28:30.33	9:10	109	00:29:01.01	9:20	106
	Lap 5 to 8	00:29:36.58	9:31	106									
	Lap 9 & 10												
38	109/190	7/16	225	Sue Corrie	Female	53	New Hyde Park	NY	5	00:28:44.62	02:23:43.11		
	Lap 1 to 4	00:29:13.70	9:24	127	00:28:34.92	9:11	116	00:28:07.63	9:03	103	00:28:34.41	9:11	104
	Lap 5 to 8	00:29:12.43	9:24	104									
	Lap 9 & 10												
39	110/190	6/16	240	Virginia Dossantos	Female	42	Northport	NY	5	00:28:45.09	02:23:45.49		
	Lap 1 to 4	00:28:36.48	9:12	118	00:28:31.24	9:10	115	00:28:27.14	9:09	108	00:29:04.26	9:21	108
	Lap 5 to 8	00:29:06.36	9:22	103									
	Lap 9 & 10												
40	112/190	7/16	358	Karena Tsakiris	Female	41	Coram	NY	5	00:29:01.49	02:25:07.49		
	Lap 1 to 4	00:27:48.43	8:56	105	00:28:00.76	9:00	109	00:28:41.19	9:13	112	00:30:04.03	9:40	116
	Lap 5 to 8	00:30:33.07	9:49	116									
	Lap 9 & 10												
41	113/190	8/16	233	Mary-Jo Depaoli	Female	40	Hicksville	NY	5	00:29:08.29	02:25:41.49		
	Lap 1 to 4	00:27:31.35	8:51	98	00:27:24.11	8:49	100	00:28:35.09	9:12	110	00:30:38.88	9:51	122
	Lap 5 to 8	00:31:32.06	10:08	121									
	Lap 9 & 10												
42	115/190	7/13	335	Gilda Schultz	Female	45	Blue Point	NY	5	00:29:30.30	02:27:31.50		
	Lap 1 to 4	00:30:20.57	9:45	136	00:29:21.11	9:26	126	00:29:16.88	9:25	118	00:30:37.82	9:51	120
	Lap 5 to 8	00:27:55.11	8:59	91									
	Lap 9 & 10												
43	118/190	9/16	343	Ilana Slaff-Galatan	Female	44	Oakland Gardens	NY	5	00:29:39.50	02:28:17.50		
	Lap 1 to 4	00:28:43.99	9:14	122	00:29:38.80	9:32	130	00:29:19.46	9:26	120	00:30:00.67	9:39	114
	Lap 5 to 8	00:30:34.57	9:50	117									
	Lap 9 & 10												
44	120/190	8/16	396	Elizabeth Maffia	Female	50	Nesconset	NY	5	00:29:53.85	02:29:29.25		
	Lap 1 to 4	00:30:20.24	9:45	135	00:29:21.31	9:26	127	00:29:17.00	9:25	119	00:30:37.82	9:51	119
	Lap 5 to 8	00:29:52.87	9:37	110									
	Lap 9 & 10												
45	121/190	3/4	219	Kate Cifarelli	Female	29	Oyster Bay	NY	5	00:30:07.94	02:30:39.73		
	Lap 1 to 4	00:29:46.90	9:35	130	00:28:49.93	9:16	119	00:29:51.14	9:36	123	00:30:38.20	9:51	121
	Lap 5 to 8	00:31:33.54	10:09	122									
	Lap 9 & 10												
46	122/190	5/10	203	Carrie Alexandrowicz	Female	31	Huntington	NY	5	00:30:19.39	02:31:36.95		
	Lap 1 to 4	00:29:53.99	9:37	132	00:29:28.42	9:29	128	00:29:55.20	9:37	125	00:30:42.01	9:52	125
	Lap 5 to 8	00:31:37.31	10:10	123									
	Lap 9 & 10												
47	123/190	10/16	359	Kimberly Uresk	Female	44	Greenlawn	NY	5	00:30:23.70	02:31:58.51		
	Lap 1 to 4	00:31:17.41	10:04	146	00:31:30.99	10:08	147	00:29:09.22	9:22	116	00:29:43.56	9:34	113
	Lap 5 to 8	00:30:17.31	9:44	113									
	Lap 9 & 10												
48	124/190	8/13	399	Annmarie Hickey	Female	45	Nesconset	NY	5	00:30:38.56	02:33:12.84		
	Lap 1 to 4	00:28:37.90	9:12	119	00:29:06.21	9:22	123	00:30:23.33	9:46	132	00:31:20.37	10:05	130
	Lap 5 to 8	00:33:45.01	10:51	135									
	Lap 9 & 10												

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Overall Results - Female

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49	126/190	9/16	279	Kathy Jackson	Female	51	Henderson	NV	5	00:30:51.49	02:34:17.46		
	Lap 1 to 4	00:30:25.19	9:47	137	00:30:28.50	9:48	139	00:30:35.41	9:50	134	00:31:00.83	9:58	128
	Lap 5 to 8	00:31:47.51	10:13	126									
	Lap 9 & 10												
50	129/190	9/13	213	Corinne Buda	Female	46	Long Beach	NY	5	00:31:06.02	02:35:30.13		
	Lap 1 to 4	00:29:10.52	9:23	125	00:31:34.02	10:09	148	00:30:33.33	9:50	133	00:31:33.79	10:09	133
	Lap 5 to 8	00:32:38.45	10:30	128									
	Lap 9 & 10												
51	133/190	6/10	401	Noreen Mccarthy	Female	33	Floral Park	NY	5	00:31:17.14	02:36:25.70		
	Lap 1 to 4	00:31:24.18	10:06	151	00:31:12.04	10:02	146	00:30:57.22	9:57	136	00:31:33.25	10:09	132
	Lap 5 to 8	00:31:19.00	10:04	119									
	Lap 9 & 10												
52	135/190	10/13	309	Elizabeth Melillo	Female	48	Northport	NY	5	00:31:46.71	02:38:53.55		
	Lap 1 to 4	00:32:12.40	10:21	164	00:31:57.86	10:17	155	00:30:44.93	9:53	135	00:31:56.50	10:16	136
	Lap 5 to 8	00:32:01.85	10:18	127									
	Lap 9 & 10												
53	137/190	7/10	326	Katrina Beiner	Female	30	Hauppauge	NY	5	00:31:52.78	02:39:23.93		
	Lap 1 to 4	00:29:10.47	9:23	124	00:30:59.70	9:58	143	00:31:48.41	10:14	147	00:33:19.39	10:43	145
	Lap 5 to 8	00:34:05.95	10:58	138									
	Lap 9 & 10												
54	138/190	5/6	372	Lucimar Araujo	Female	57	Jamaica	NY	5	00:32:09.68	02:40:48.43		
	Lap 1 to 4	00:31:20.70	10:05	149	00:30:53.13	9:56	140	00:31:15.55	10:03	140	00:32:44.37	10:32	139
	Lap 5 to 8	00:34:34.67	11:07	145									
	Lap 9 & 10												
55	141/190	11/16	395	Deborah Chin	Female	42	Huntington	NY	5	00:32:17.75	02:41:28.78		
	Lap 1 to 4	00:32:17.00	10:23	167	00:29:54.20	9:37	135	00:31:22.43	10:05	141	00:34:30.28	11:06	152
	Lap 5 to 8	00:33:24.86	10:45	134									
	Lap 9 & 10												
56	142/190	11/13	305	Dawn May	Female	46	Glen Head	NY	5	00:32:18.57	02:41:32.86		
	Lap 1 to 4	00:32:28.34	10:27	168	00:31:51.50	10:15	152	00:31:55.26	10:16	149	00:32:33.02	10:28	138
	Lap 5 to 8	00:32:44.73	10:32	129									
	Lap 9 & 10												
57	144/190	8/10	321	Jenipher Quintanilla	Female	38	North Babylon	NY	5	00:32:35.35	02:42:56.75		
	Lap 1 to 4	00:31:00.60	9:58	141	00:31:57.18	10:17	154	00:31:26.57	10:07	143	00:34:10.50	10:59	149
	Lap 5 to 8	00:34:21.88	11:03	141									
	Lap 9 & 10												
58	145/190	10/16	352	Joyce Sturges	Female	54	New York	NY	5	00:32:37.96	02:43:09.80		
	Lap 1 to 4	00:32:12.60	10:22	165	00:32:07.24	10:20	156	00:32:52.29	10:34	156	00:33:12.62	10:41	144
	Lap 5 to 8	00:32:45.03	10:32	130									
	Lap 9 & 10												
59	146/190	8/10	264	Andreea Gray	Female	34	Valley Stream	NY	5	00:32:40.15	02:43:20.76		
	Lap 1 to 4	00:32:06.85	10:20	158	00:31:50.71	10:14	151	00:32:10.00	10:21	151	00:33:24.63	10:45	146
	Lap 5 to 8	00:33:48.55	10:52	137									
	Lap 9 & 10												
60	147/190	12/16	290	Jennifer Knecht	Female	41	North Babylon	NY	5	00:33:00.99	02:45:04.98		
	Lap 1 to 4	00:31:01.21	9:59	142	00:31:57.17	10:17	153	00:32:22.19	10:25	153	00:34:51.74	11:13	155
	Lap 5 to 8	00:34:52.66	11:13	149									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results - Female

March 2, 2014

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
61	149/190	11/16	270	Terry Helms	Female	51	Brooklyn	NY	5	00:33:08.59	02:45:42.98		
	Lap 1 to 4	00:34:15.50	11:01	177	00:33:42.99	10:51	165	00:34:20.41	11:03	162	00:31:40.56	10:11	134
	Lap 5 to 8	00:31:43.51	10:12	125									
	Lap 9 & 10												
62	151/190	9/10	294	Anna Lewandowski	Female	34	Brooklyn	NY	5	00:33:19.70	02:46:38.54		
	Lap 1 to 4	00:32:40.74	10:31	169	00:32:50.07	10:34	159	00:32:34.82	10:29	154	00:32:48.04	10:33	140
	Lap 5 to 8	00:35:44.85	11:30	156									
	Lap 9 & 10												
63	152/190	12/16	299	Susan Maier	Female	50	Long Beach	NY	5	00:33:24.85	02:47:04.29		
	Lap 1 to 4	00:31:19.24	10:04	148	00:34:51.46	11:13	172	00:32:52.18	10:34	155	00:34:15.28	11:01	150
	Lap 5 to 8	00:33:46.11	10:52	136									
	Lap 9 & 10												
64	153/190	9/10	214	Michelle Burton	Female	35	Rockville Centre	NY	5	00:33:31.35	02:47:36.79		
	Lap 1 to 4	00:32:11.74	10:21	163	00:32:53.06	10:35	162	00:32:16.31	10:23	152	00:34:48.08	11:12	153
	Lap 5 to 8	00:35:27.59	11:24	153									
	Lap 9 & 10												
65	154/190	3/3	371	Gloria Withus	Female	63	Brentwood	NY	5	00:33:32.05	02:47:40.28		
	Lap 1 to 4	00:31:57.49	10:17	156	00:32:50.82	10:34	160	00:33:42.82	10:51	160	00:34:10.01	10:59	147
	Lap 5 to 8	00:34:59.12	11:15	150									
	Lap 9 & 10												
66	156/190	1/1	262	Abby Gonzalez	Female	66	Dix Hills	NY	5	00:33:32.13	02:47:40.69		
	Lap 1 to 4	00:31:57.12	10:17	155	00:32:51.59	10:34	161	00:33:42.07	10:50	159	00:34:10.19	10:59	148
	Lap 5 to 8	00:34:59.71	11:15	151									
	Lap 9 & 10												
67	157/190	13/16	247	Sue Fitzpatrick	Female	53	Dix Hills	NY	5	00:34:03.64	02:50:18.23		
	Lap 1 to 4	00:31:40.68	10:11	152	00:32:42.19	10:31	158	00:33:56.92	10:55	161	00:35:32.18	11:26	160
	Lap 5 to 8	00:36:26.25	11:43	157									
	Lap 9 & 10												
68	158/190	13/16	208	Debra Baxter	Female	41	Rockville Centre	NY	5	00:34:04.50	02:50:22.50		
	Lap 1 to 4	00:31:12.75	10:02	144	00:29:50.06	9:36	132	00:31:41.97	10:12	145	00:34:24.16	11:04	151
	Lap 5 to 8	00:43:13.54	13:54	174									
	Lap 9 & 10												
69	159/190	14/16	300	Beth Marinis	Female	50	Hicksville	NY	5	00:34:21.59	02:51:47.98		
	Lap 1 to 4	00:31:02.99	9:59	143	00:32:10.68	10:21	157	00:33:38.56	10:49	158	00:35:47.29	11:31	163
	Lap 5 to 8	00:39:08.44	12:35	163									
	Lap 9 & 10												
70	160/190	6/6	320	Susan Padovano	Female	55	Bay Shore	NY	5	00:34:24.93	02:52:04.69		
	Lap 1 to 4	00:33:03.96	10:38	171	00:34:26.45	11:05	170	00:34:54.55	11:14	165	00:35:11.58	11:19	158
	Lap 5 to 8	00:34:28.14	11:05	143									
	Lap 9 & 10												
71	161/190	15/16	280	Marvlyn Jno-Baptiste	Female	50	Brooklyn	NY	5	00:34:25.10	02:52:05.53		
	Lap 1 to 4	00:33:03.96	10:38	170	00:34:26.26	11:05	169	00:34:54.75	11:14	166	00:35:11.37	11:19	157
	Lap 5 to 8	00:34:29.18	11:05	144									
	Lap 9 & 10												
72	164/190	10/10	201	Amanda Abel	Female	32	Bayside	NY	5	00:34:56.71	02:54:43.56		
	Lap 1 to 4	00:31:48.18	10:14	153	00:33:23.33	10:44	164	00:34:40.63	11:09	164	00:35:32.57	11:26	161
	Lap 5 to 8	00:39:18.84	12:39	165									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results - Female

March 2, 2014

Place	overall Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
73	165/190	12/13	210	Beth Bode	Female	47	Smithtown	NY	5	00:35:39.44	02:58:17.23		
	Lap 1 to 4	00:36:35.25	11:46	182	00:35:58.24	11:34	181	00:35:20.41	11:22	169	00:35:39.83	11:28	162
	Lap 5 to 8	00:34:43.49	11:10	147									
	Lap 9 & 10												
74	170/190	14/16	278	Annmarie Itgen	Female	43	Franklin Square	NY	5	00:36:48.66	03:04:03.33		
	Lap 1 to 4	00:34:33.84	11:07	178	00:35:37.51	11:27	177	00:36:47.48	11:50	175	00:39:02.70	12:34	168
	Lap 5 to 8	00:38:01.78	12:14	161									
	Lap 9 & 10												
75	171/190	15/16	349	Kathleen Stanley	Female	44	Hicksville	NY	5	00:36:48.67	03:04:03.39		
	Lap 1 to 4	00:34:34.60	11:07	180	00:35:35.36	11:27	176	00:36:48.32	11:50	176	00:39:01.96	12:33	167
	Lap 5 to 8	00:38:03.14	12:14	162									
	Lap 9 & 10												
76	172/190	13/13	304	Vee Masterson	Female	48	Bayville	NY	5	00:36:48.76	03:04:03.80		
	Lap 1 to 4	00:34:33.84	11:07	179	00:35:37.91	11:28	178	00:36:50.12	11:51	177	00:39:00.60	12:33	166
	Lap 5 to 8	00:38:01.30	12:14	160									
	Lap 9 & 10												
77	173/190	16/16	207	Nicole Basso	Female	40	Huntington	NY	5	00:37:00.19	03:05:00.96		
	Lap 1 to 4	00:34:13.92	11:01	176	00:33:43.79	10:51	166	00:35:32.44	11:26	172	00:39:49.34	12:49	171
	Lap 5 to 8	00:41:41.47	13:25	173									
	Lap 9 & 10												
78	175/190	4/4	251	Lauren Fritz	Female	25	Smithtown	NY	5	00:38:10.70	03:10:53.50		
	Lap 1 to 4	00:31:50.60	10:14	154	00:35:40.72	11:28	179	00:38:31.35	12:23	180	00:44:04.68	14:11	176
	Lap 5 to 8	00:40:46.13	13:07	169									
	Lap 9 & 10												
79	179/190	10/10	331	Kim Scharoff	Female	38	Long Beach	NY	5	00:45:14.07	03:46:10.35		
	Lap 1 to 4	00:42:24.19	13:38	188	00:42:19.42	13:37	186	00:45:58.59	14:47	186	00:45:20.97	14:35	177
	Lap 5 to 8	00:50:07.16	16:07	178									
	Lap 9 & 10												
80	190/190	16/16	369	Deanna Zenn	Female	50	Cold Spring Harbr	NY	1	00:31:17.42	00:31:17.42		
	Lap 1 to 4	00:31:17.42	10:04	147									
	Lap 5 to 8												
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results - Male

March 2, 2014

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
1	1/190	1/1	295	Jon Lindenauer	Male	26	Cary	NC	5	00:17:51.22	01:29:16.11		
	Lap 1 to 4	00:17:50.11	5:44	1	00:17:44.18	5:42	1	00:17:53.65	5:45	1	00:17:52.60	5:45	1
	Lap 5 to 8	00:17:55.56	5:46	1									
	Lap 9 & 10												
2	2/190	1/6	397	Nicholas Pampena	Male	25	Kings Park	NY	5	00:18:32.46	01:32:42.34		
	Lap 1 to 4	00:18:29.96	5:57	2	00:18:32.93	5:58	2	00:18:40.00	6:00	2	00:18:39.84	6:00	2
	Lap 5 to 8	00:18:19.59	5:53	2									
	Lap 9 & 10												
3	3/190	1/27	267	Keith Guilfoyle	Male	47	Commack	NY	5	00:19:32.66	01:37:43.32		
	Lap 1 to 4	00:19:19.45	6:13	3	00:19:19.81	6:13	3	00:19:34.39	6:17	3	00:19:38.11	6:19	3
	Lap 5 to 8	00:19:51.55	6:23	4									
	Lap 9 & 10												
4	4/190	1/7	393	Corey Hirschman	Male	38	Syosset	NY	5	00:19:42.35	01:38:31.79		
	Lap 1 to 4	00:19:57.22	6:25	4	00:19:31.72	6:17	4	00:19:39.02	6:19	4	00:19:51.59	6:23	4
	Lap 5 to 8	00:19:32.24	6:17	3									
	Lap 9 & 10												
5	5/190	2/27	365	Wil Widman Jr	Male	49	North Babylon	NY	5	00:20:54.09	01:44:30.49		
	Lap 1 to 4	00:20:43.98	6:40	6	00:20:51.20	6:42	8	00:21:13.05	6:49	11	00:20:48.36	6:41	5
	Lap 5 to 8	00:20:53.88	6:43	5									
	Lap 9 & 10												
6	6/190	1/9	375	Ian Brown	Male	33	Houston	TX	5	00:21:01.84	01:45:09.21		
	Lap 1 to 4	00:21:24.90	6:53	14	00:20:37.08	6:38	5	00:20:52.56	6:43	6	00:21:02.07	6:46	6
	Lap 5 to 8	00:21:12.59	6:49	8									
	Lap 9 & 10												
7	8/190	1/13	227	Ronald Curry	Male	40	Huntington Station	NY	5	00:21:07.93	01:45:39.66		
	Lap 1 to 4	00:20:45.60	6:40	7	00:20:50.35	6:42	7	00:21:12.29	6:49	10	00:21:16.87	6:50	10
	Lap 5 to 8	00:21:34.54	6:56	14									
	Lap 9 & 10												
8	9/190	3/27	245	Michael Fernandez	Male	45	Farmingdale	NY	5	00:21:10.34	01:45:51.71		
	Lap 1 to 4	00:21:17.55	6:51	9	00:21:10.64	6:48	11	00:21:08.37	6:48	7	00:21:10.09	6:48	7
	Lap 5 to 8	00:21:05.05	6:47	7									
	Lap 9 & 10												
9	11/190	1/2	334	Alex Schneider	Male	23	Great Neck	NY	5	00:21:20.83	01:46:44.16		
	Lap 1 to 4	00:21:29.18	6:54	15	00:21:48.56	7:01	21	00:20:47.81	6:41	5	00:21:34.81	6:56	12
	Lap 5 to 8	00:21:03.79	6:46	6									
	Lap 9 & 10												
10	13/190	1/11	363	Jon Wallach	Male	57	Levittown	NY	5	00:21:35.53	01:47:57.65		
	Lap 1 to 4	00:21:51.97	7:02	20	00:21:39.29	6:58	17	00:21:38.40	6:57	14	00:21:25.84	6:53	11
	Lap 5 to 8	00:21:22.13	6:52	10									
	Lap 9 & 10												
11	14/190	2/13	263	Mitchell Gould	Male	42	Woodbury	NY	5	00:21:37.77	01:48:08.88		
	Lap 1 to 4	00:21:41.97	6:59	17	00:21:15.38	6:50	13	00:21:49.95	7:01	16	00:21:49.55	7:01	17
	Lap 5 to 8	00:21:32.02	6:55	12									
	Lap 9 & 10												
12	16/190	1/20	380	Bill Schroeder	Male	53	Garden City	NY	5	00:21:50.33	01:49:11.66		
	Lap 1 to 4	00:20:53.75	6:43	8	00:21:06.76	6:47	10	00:21:22.76	6:52	12	00:22:20.96	7:11	21
	Lap 5 to 8	00:23:27.42	7:32	40									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results - Male

March 2, 2014

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
13	18/190	3/13	362	Jeffrey Votteler	Male	41	Manorville	NY	5	00:21:54.17	01:49:30.85		
	Lap 1 to 4	00:22:16.46	7:10	25	00:21:53.17	7:02	23	00:21:57.94	7:04	22	00:21:48.84	7:01	16
	Lap 5 to 8	00:21:34.43	6:56	13									
	Lap 9 & 10												
14	19/190	4/13	361	Robert Votruba	Male	42	Garden City	NY	5	00:21:55.55	01:49:37.76		
	Lap 1 to 4	00:21:41.97	6:59	18	00:21:14.98	6:50	12	00:21:50.56	7:01	17	00:22:27.74	7:13	24
	Lap 5 to 8	00:22:22.49	7:12	23									
	Lap 9 & 10												
15	20/190	2/7	296	Carl Lorenz	Male	35	Wantagh	NY	5	00:22:03.53	01:50:17.65		
	Lap 1 to 4	00:21:31.21	6:55	16	00:21:28.56	6:54	15	00:21:53.43	7:02	18	00:22:30.10	7:14	25
	Lap 5 to 8	00:22:54.34	7:22	32									
	Lap 9 & 10												
16	21/190	4/27	315	James Murray	Male	48	Holtsville	NY	5	00:22:03.85	01:50:19.28		
	Lap 1 to 4	00:22:16.46	7:10	24	00:21:56.04	7:03	26	00:21:54.82	7:03	20	00:22:22.49	7:12	22
	Lap 5 to 8	00:21:49.46	7:01	18									
	Lap 9 & 10												
17	22/190	2/20	235	Michael Di Lisio	Male	52	Shoreham	NY	5	00:22:08.27	01:50:41.37		
	Lap 1 to 4	00:21:20.60	6:52	10	00:21:46.90	7:00	20	00:22:14.15	7:09	28	00:22:31.15	7:14	27
	Lap 5 to 8	00:22:48.56	7:20	29									
	Lap 9 & 10												
18	23/190	3/7	385	Joe Garbowski	Male	36	New Fairfield	CT	5	00:22:08.57	01:50:42.86		
	Lap 1 to 4	00:22:38.79	7:17	30	00:22:02.02	7:05	27	00:22:04.00	7:06	23	00:22:10.05	7:08	19
	Lap 5 to 8	00:21:47.99	7:00	17									
	Lap 9 & 10												
19	25/190	3/20	383	Patrick Daly	Male	50	Merrick	NY	5	00:22:14.33	01:51:11.67		
	Lap 1 to 4	00:22:29.97	7:14	28	00:22:06.30	7:06	29	00:22:18.29	7:10	30	00:22:20.02	7:11	20
	Lap 5 to 8	00:21:57.07	7:03	19									
	Lap 9 & 10												
20	26/190	2/11	248	Peter Florey	Male	55	Huntington	NY	5	00:22:16.49	01:51:22.50		
	Lap 1 to 4	00:22:09.22	7:07	23	00:21:40.55	6:58	18	00:22:06.04	7:06	24	00:22:45.81	7:19	31
	Lap 5 to 8	00:22:40.86	7:18	24									
	Lap 9 & 10												
21	28/190	5/13	386	Patrick Leone	Male	40	Carmel	NY	5	00:22:19.46	01:51:37.32		
	Lap 1 to 4	00:23:21.13	7:30	45	00:22:15.14	7:09	31	00:21:54.55	7:03	19	00:21:48.43	7:01	15
	Lap 5 to 8	00:22:18.06	7:10	22									
	Lap 9 & 10												
22	29/190	4/20	258	Bill Gironda	Male	54	Smithtown	NY	5	00:22:25.76	01:52:08.80		
	Lap 1 to 4	00:22:45.97	7:19	33	00:21:50.30	7:01	22	00:22:08.99	7:07	25	00:22:37.25	7:16	29
	Lap 5 to 8	00:22:46.27	7:19	27									
	Lap 9 & 10												
23	31/190	5/27	390	Wayne Loveland	Male	45	Lindenhurst	NY	5	00:22:48.04	01:54:00.23		
	Lap 1 to 4	00:23:21.32	7:31	46	00:22:02.95	7:05	28	00:22:15.28	7:09	29	00:22:23.14	7:12	23
	Lap 5 to 8	00:23:57.53	7:42	47									
	Lap 9 & 10												
24	33/190	5/20	370	Mike Qualley	Male	52	Shoreham	NY	5	00:22:56.03	01:54:40.15		
	Lap 1 to 4	00:23:37.23	7:36	49	00:23:05.93	7:26	40	00:22:56.62	7:23	34	00:22:47.34	7:20	32
	Lap 5 to 8	00:22:13.02	7:09	21									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results - Male

March 2, 2014

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
25	36/190	4/7	253	Shawn Garbien	Male	36	Port Washington	NY	5	00:23:12.12	01:56:00.61		
	Lap 1 to 4	00:23:15.62	7:29	40	00:23:23.88	7:31	45	00:23:29.04	7:33	42	00:23:07.04	7:26	34
	Lap 5 to 8	00:22:45.03	7:19	26									
	Lap 9 & 10												
26	37/190	6/27	211	Paul Bode	Male	49	Smithtown	NY	5	00:23:14.06	01:56:10.34		
	Lap 1 to 4	00:22:55.89	7:22	36	00:22:48.46	7:20	35	00:23:18.28	7:30	41	00:23:22.92	7:31	39
	Lap 5 to 8	00:23:44.78	7:38	44									
	Lap 9 & 10												
27	38/190	2/6	256	Joseph Gendy	Male	27	New Hyde Park	NY	5	00:23:26.18	01:57:10.93		
	Lap 1 to 4	00:23:07.22	7:26	38	00:22:53.05	7:21	37	00:22:47.53	7:20	33	00:24:12.03	7:47	50
	Lap 5 to 8	00:24:11.09	7:47	51									
	Lap 9 & 10												
28	39/190	7/27	246	Michael Fisenne	Male	48	East Northport	NY	5	00:23:26.32	01:57:11.64		
	Lap 1 to 4	00:22:50.22	7:21	34	00:22:36.55	7:16	34	00:23:04.55	7:25	37	00:23:46.15	7:39	43
	Lap 5 to 8	00:24:54.16	8:00	59									
	Lap 9 & 10												
29	40/190	3/11	238	Patrick Diskin	Male	58	Mineola	NY	5	00:23:28.68	01:57:23.43		
	Lap 1 to 4	00:23:17.76	7:29	44	00:23:08.01	7:26	42	00:23:02.55	7:24	36	00:23:56.18	7:42	47
	Lap 5 to 8	00:23:58.92	7:43	48									
	Lap 9 & 10												
30	41/190	6/20	220	John Clifford	Male	52	Seaford	NY	5	00:23:28.72	01:57:23.64		
	Lap 1 to 4	00:23:17.76	7:29	43	00:23:07.66	7:26	41	00:23:08.40	7:26	38	00:23:50.68	7:40	45
	Lap 5 to 8	00:23:59.12	7:43	49									
	Lap 9 & 10												
31	42/190	8/27	217	Craig Caperna	Male	48	Coram	NY	5	00:23:30.88	01:57:34.43		
	Lap 1 to 4	00:24:41.23	7:56	59	00:23:26.26	7:32	47	00:23:15.35	7:29	40	00:23:11.71	7:27	35
	Lap 5 to 8	00:22:59.87	7:24	33									
	Lap 9 & 10												
32	43/190	2/9	308	John Mees	Male	33	Sayville	NY	5	00:23:34.93	01:57:54.69		
	Lap 1 to 4	00:23:25.61	7:32	47	00:23:41.58	7:37	50	00:23:43.59	7:38	43	00:23:40.84	7:37	41
	Lap 5 to 8	00:23:23.05	7:31	39									
	Lap 9 & 10												
33	44/190	5/7	384	Ryan Lewis	Male	38	New Fairfield	CT	5	00:23:43.38	01:58:36.94		
	Lap 1 to 4	00:22:38.72	7:17	29	00:23:01.41	7:24	39	00:23:55.39	7:41	46	00:24:09.76	7:46	48
	Lap 5 to 8	00:24:51.65	8:00	57									
	Lap 9 & 10												
34	45/190	6/13	283	Ira Kaplan	Male	44	East Meadow	NY	5	00:23:43.51	01:58:37.55		
	Lap 1 to 4	00:23:49.43	7:40	50	00:23:36.49	7:35	48	00:23:47.82	7:39	45	00:23:37.07	7:36	40
	Lap 5 to 8	00:23:46.73	7:39	45									
	Lap 9 & 10												
35	46/190	7/20	403	Thomas Dehaan	Male	51	Albany	NY	5	00:23:47.58	01:58:57.93		
	Lap 1 to 4	00:23:27.64	7:33	48	00:24:22.65	7:50	56	00:24:02.04	7:44	49	00:24:15.64	7:48	51
	Lap 5 to 8	00:22:49.96	7:20	30									
	Lap 9 & 10												
36	47/190	8/20	271	William Herbert	Male	54	Smithtown	NY	5	00:23:47.91	01:58:59.57		
	Lap 1 to 4	00:24:05.48	7:45	53	00:23:50.79	7:40	52	00:23:59.59	7:43	47	00:23:51.53	7:40	46
	Lap 5 to 8	00:23:12.17	7:28	36									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results - Male

March 2, 2014

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
37	50/190	3/6	394	Garrett Doering	Male	25	Monroe	NY	5	00:24:21.08	02:01:45.44		
	Lap 1 to 4	00:24:28.23	7:52	56	00:24:15.67	7:48	55	00:25:37.43	8:14	67	00:23:44.15	7:38	42
	Lap 5 to 8	00:23:39.96	7:37	43									
	Lap 9 & 10												
38	52/190	9/20	378	Michael Petsky	Male	51	Garden City	NY	5	00:24:29.09	02:02:25.46		
	Lap 1 to 4	00:25:10.23	8:06	65	00:24:03.87	7:44	53	00:24:36.28	7:55	54	00:24:17.74	7:49	53
	Lap 5 to 8	00:24:17.33	7:49	52									
	Lap 9 & 10												
39	53/190	10/20	313	Chris Mozer	Male	50	Hunt Station	NY	5	00:24:32.13	02:02:40.69		
	Lap 1 to 4	00:23:15.22	7:29	39	00:23:25.08	7:32	46	00:25:44.53	8:17	69	00:24:42.01	7:56	55
	Lap 5 to 8	00:25:33.83	8:13	65									
	Lap 9 & 10												
40	55/190	9/27	257	Matt Genova	Male	45	Garden City	NY	5	00:24:41.53	02:03:27.67		
	Lap 1 to 4	00:25:04.98	8:04	63	00:24:42.95	7:57	64	00:23:46.41	7:39	44	00:25:15.55	8:07	58
	Lap 5 to 8	00:24:37.78	7:55	55									
	Lap 9 & 10												
41	56/190	11/20	234	James Desiderio	Male	50	Deer Park	NY	5	00:24:52.85	02:04:24.29		
	Lap 1 to 4	00:25:27.77	8:11	67	00:24:42.92	7:57	63	00:24:47.06	7:58	57	00:24:53.39	8:00	57
	Lap 5 to 8	00:24:33.14	7:54	53									
	Lap 9 & 10												
42	59/190	6/7	286	Vincent Keaveny	Male	36	E Northport	NY	5	00:25:24.99	02:07:04.98		
	Lap 1 to 4	00:25:46.68	8:17	70	00:25:18.85	8:08	68	00:25:00.42	8:02	58	00:24:16.34	7:48	52
	Lap 5 to 8	00:26:42.68	8:35	78									
	Lap 9 & 10												
43	61/190	4/11	317	Dean Neumann	Male	56	Northport	NY	5	00:25:28.64	02:07:23.20		
	Lap 1 to 4	00:24:09.14	7:46	54	00:24:48.19	7:58	65	00:25:33.94	8:13	65	00:26:37.12	8:34	79
	Lap 5 to 8	00:26:14.80	8:26	71									
	Lap 9 & 10												
44	62/190	1/5	218	Frank Capone	Male	66	Wading River	NY	5	00:25:34.35	02:07:51.75		
	Lap 1 to 4	00:24:37.98	7:55	58	00:25:25.81	8:11	69	00:25:56.82	8:21	73	00:26:00.28	8:22	68
	Lap 5 to 8	00:25:50.85	8:19	68									
	Lap 9 & 10												
45	63/190	10/27	242	Christopher Dunn	Male	48	Rockville Centre	NY	5	00:25:37.43	02:08:07.18		
	Lap 1 to 4	00:26:05.40	8:23	73	00:24:26.38	7:51	58	00:26:13.11	8:26	84	00:25:18.09	8:08	60
	Lap 5 to 8	00:26:04.19	8:23	69									
	Lap 9 & 10												
46	64/190	7/13	319	Ken Olson	Male	44	Glen Oaks	NY	5	00:25:40.97	02:08:24.88		
	Lap 1 to 4	00:25:04.38	8:04	62	00:25:05.91	8:04	66	00:25:11.51	8:06	61	00:26:06.83	8:24	74
	Lap 5 to 8	00:26:56.25	8:40	83									
	Lap 9 & 10												
47	66/190	11/27	356	Nicholas Tomizawa	Male	45	Richmond Hill	NY	5	00:25:55.42	02:09:37.12		
	Lap 1 to 4	00:26:54.66	8:39	86	00:26:18.63	8:28	85	00:25:36.51	8:14	66	00:26:12.07	8:25	77
	Lap 5 to 8	00:24:35.24	7:54	54									
	Lap 9 & 10												
48	67/190	5/11	237	David Digiovanni	Male	55	Sea Cliff	NY	5	00:25:59.91	02:09:59.56		
	Lap 1 to 4	00:24:14.23	7:48	55	00:25:33.09	8:13	72	00:25:57.60	8:21	74	00:27:20.68	8:48	86
	Lap 5 to 8	00:26:53.95	8:39	82									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results - Male

March 2, 2014

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
49	69/190	12/20	244	Frank Favilla	Male	51	Bethpage	NY	5	00:26:00.92	02:10:04.60		
	Lap 1 to 4	00:26:41.42	8:35	77	00:26:14.37	8:26	83	00:26:05.77	8:23	81	00:25:58.27	8:21	66
	Lap 5 to 8	00:25:04.76	8:04	61									
	Lap 9 & 10												
50	71/190	4/6	307	Ryan Mcleod	Male	26	Coram	NY	5	00:26:02.94	02:10:14.71		
	Lap 1 to 4	00:26:42.73	8:35	83	00:25:38.69	8:15	73	00:25:25.49	8:10	64	00:25:45.52	8:17	63
	Lap 5 to 8	00:26:42.27	8:35	77									
	Lap 9 & 10												
51	73/190	12/27	322	Tom Quinton	Male	46	Blue Point	NY	5	00:26:03.24	02:10:16.21		
	Lap 1 to 4	00:27:25.23	8:49	93	00:25:32.42	8:13	71	00:25:14.72	8:07	62	00:25:41.28	8:16	61
	Lap 5 to 8	00:26:22.55	8:29	72									
	Lap 9 & 10												
52	74/190	13/20	310	Bob Monaco	Male	50	Woodbury	NY	5	00:26:04.34	02:10:21.71		
	Lap 1 to 4	00:26:41.61	8:35	79	00:26:14.18	8:26	81	00:26:04.80	8:23	79	00:25:59.92	8:22	67
	Lap 5 to 8	00:25:21.18	8:09	64									
	Lap 9 & 10												
53	75/190	14/20	400	John O'Brien	Male	50	Huntington	NY	5	00:26:04.44	02:10:22.21		
	Lap 1 to 4	00:23:16.85	7:29	42	00:25:54.52	8:20	77	00:25:01.83	8:03	59	00:26:10.68	8:25	76
	Lap 5 to 8	00:29:58.31	9:38	111									
	Lap 9 & 10												
54	79/190	7/7	293	Alberto Leal	Male	38	Brentwood	NY	5	00:26:19.88	02:11:39.43		
	Lap 1 to 4	00:25:05.17	8:04	64	00:25:31.57	8:12	70	00:26:03.99	8:23	77	00:26:55.39	8:39	81
	Lap 5 to 8	00:28:03.31	9:01	93									
	Lap 9 & 10												
55	80/190	5/6	289	David Klatt	Male	28	Brooklyn	NY	5	00:26:22.14	02:11:50.70		
	Lap 1 to 4	00:25:00.32	8:02	61	00:24:31.18	7:53	60	00:29:06.34	9:22	115	00:26:10.38	8:25	75
	Lap 5 to 8	00:27:02.47	8:42	84									
	Lap 9 & 10												
56	81/190	1/2	277	Joseph Hunt	Male	16	Farmingdale	NY	5	00:26:35.64	02:12:58.21		
	Lap 1 to 4	00:22:39.19	7:17	31	00:22:11.99	7:08	30	00:24:00.08	7:43	48	00:29:15.02	9:24	109
	Lap 5 to 8	00:34:51.92	11:13	148									
	Lap 9 & 10												
57	82/190	2/5	368	Foo Yuen Wong	Male	66	Greenlawn	NY	5	00:26:41.24	02:13:26.21		
	Lap 1 to 4	00:26:03.97	8:23	71	00:26:13.34	8:26	80	00:26:37.57	8:34	88	00:26:57.05	8:40	82
	Lap 5 to 8	00:27:34.27	8:52	89									
	Lap 9 & 10												
58	83/190	1/4	281	Paul Johnson	Male	60	Port Jefferson Sta	NY	5	00:26:44.19	02:13:40.97		
	Lap 1 to 4	00:28:16.99	9:06	115	00:26:33.99	8:33	89	00:26:03.99	8:23	76	00:26:05.29	8:23	73
	Lap 5 to 8	00:26:40.70	8:35	76									
	Lap 9 & 10												
59	84/190	13/27	285	Kojiro Katayama	Male	48	Syosset	NY	5	00:27:01.94	02:15:09.72		
	Lap 1 to 4	00:27:10.74	8:44	87	00:26:23.92	8:29	87	00:26:35.13	8:33	87	00:27:00.83	8:41	83
	Lap 5 to 8	00:27:59.09	9:00	92									
	Lap 9 & 10												
60	85/190	8/13	350	Michael Starr	Male	44	Plainview	NY	5	00:27:06.99	02:15:34.97		
	Lap 1 to 4	00:28:00.84	9:00	110	00:26:49.32	8:37	91	00:26:53.39	8:39	91	00:26:46.85	8:37	80
	Lap 5 to 8	00:27:04.55	8:42	86									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results - Male

March 2, 2014

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
61	86/190	3/5	250	David Frisone	Male	68	New Hyde Park	NY	5	00:27:09.54	02:15:47.72		
	Lap 1 to 4	00:26:51.17	8:38	85	00:27:30.96	8:51	105	00:27:19.80	8:47	94	00:27:19.03	8:47	84
	Lap 5 to 8	00:26:46.76	8:37	81									
	Lap 9 & 10												
62	87/190	14/27	205	Fred Altrui	Male	49	Patchogue	NY	5	00:27:11.78	02:15:58.91		
	Lap 1 to 4	00:27:13.73	8:45	91	00:26:52.69	8:39	93	00:27:08.68	8:44	93	00:27:57.81	9:00	93
	Lap 5 to 8	00:26:45.99	8:36	80									
	Lap 9 & 10												
63	91/190	6/11	284	Richard Kass	Male	59	Malverne	NY	5	00:27:29.69	02:17:28.45		
	Lap 1 to 4	00:28:13.24	9:04	112	00:27:06.23	8:43	94	00:27:33.87	8:52	95	00:27:54.80	8:59	92
	Lap 5 to 8	00:26:40.31	8:35	74									
	Lap 9 & 10												
64	92/190	2/4	241	Gerry Dunbar	Male	62	Floral Park	NY	5	00:27:30.37	02:17:31.89		
	Lap 1 to 4	00:27:49.24	8:57	107	00:26:05.02	8:23	79	00:25:47.40	8:18	70	00:28:09.99	9:03	97
	Lap 5 to 8	00:29:40.23	9:32	108									
	Lap 9 & 10												
65	95/190	15/27	379	Robert Witt	Male	46	Huntington	NY	5	00:27:51.13	02:19:15.66		
	Lap 1 to 4	00:28:28.14	9:09	116	00:28:06.15	9:02	113	00:27:34.32	8:52	96	00:27:35.55	8:52	89
	Lap 5 to 8	00:27:31.49	8:51	88									
	Lap 9 & 10												
66	99/190	16/27	340	Robert Shaw	Male	47	Syosset	NY	5	00:28:09.34	02:20:46.73		
	Lap 1 to 4	00:29:50.97	9:36	131	00:28:38.33	9:13	117	00:28:02.22	9:01	101	00:27:32.38	8:51	88
	Lap 5 to 8	00:26:42.82	8:35	79									
	Lap 9 & 10												
67	103/190	9/13	338	Matthew Semon	Male	40	Melville	NY	5	00:28:18.50	02:21:32.51		
	Lap 1 to 4	00:27:17.23	8:46	92	00:27:18.67	8:47	99	00:30:17.86	9:45	131	00:28:06.90	9:02	95
	Lap 5 to 8	00:28:31.83	9:10	97									
	Lap 9 & 10												
68	104/190	17/27	323	Jeffrey Reynolds	Male	47	Hauppauge	NY	5	00:28:20.39	02:21:41.98		
	Lap 1 to 4	00:27:32.95	8:52	102	00:27:31.83	8:51	106	00:27:54.41	8:58	100	00:28:26.34	9:09	101
	Lap 5 to 8	00:30:16.44	9:44	112									
	Lap 9 & 10												
69	105/190	15/20	260	Daniel Goldstein	Male	51	Huntington St	NY	5	00:28:24.16	02:22:00.81		
	Lap 1 to 4	00:27:32.23	8:51	100	00:27:26.46	8:49	102	00:28:35.90	9:12	111	00:29:31.71	9:30	111
	Lap 5 to 8	00:28:54.49	9:18	101									
	Lap 9 & 10												
70	106/190	7/11	275	Ed Huether	Male	57	Farmingdale	NY	5	00:28:33.84	02:22:49.23		
	Lap 1 to 4	00:27:30.53	8:51	97	00:28:02.76	9:01	110	00:28:22.81	9:08	107	00:28:35.54	9:12	105
	Lap 5 to 8	00:30:17.57	9:44	114									
	Lap 9 & 10												
71	108/190	18/27	230	Daniel Deluna	Male	46	Brooklyn	NY	5	00:28:43.59	02:23:37.99		
	Lap 1 to 4	00:23:53.31	7:41	52	00:24:15.40	7:48	54	00:24:46.17	7:58	55	00:32:53.52	10:35	141
	Lap 5 to 8	00:37:49.58	12:10	158									
	Lap 9 & 10												
72	111/190	19/27	298	Steven Lutz	Male	46	Melville	NY	5	00:28:53.98	02:24:29.93		
	Lap 1 to 4	00:27:31.35	8:51	99	00:27:27.94	8:50	104	00:30:08.06	9:41	129	00:30:41.31	9:52	124
	Lap 5 to 8	00:28:41.25	9:13	99									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results - Male

March 2, 2014

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
73	114/190	16/20	266	Thomas Guarino	Male	53	N. Bellmore	NY	5	00:29:29.12	02:27:25.60		
	Lap 1 to 4	00:29:26.97	9:28	129	00:28:54.39	9:18	120	00:29:26.50	9:28	121	00:30:00.81	9:39	115
	Lap 5 to 8	00:29:36.92	9:31	107									
	Lap 9 & 10												
74	116/190	3/9	392	Daisake Yoshizawa	Male	34	Farmingdale	NY	5	00:29:33.52	02:27:47.63		
	Lap 1 to 4	00:28:38.24	9:13	120	00:29:01.21	9:20	121	00:28:56.41	9:18	114	00:29:33.72	9:30	112
	Lap 5 to 8	00:31:38.04	10:10	124									
	Lap 9 & 10												
75	117/190	20/27	344	Robert Smith	Male	45	Northport	NY	5	00:29:37.59	02:28:08.00		
	Lap 1 to 4	00:26:17.19	8:27	75	00:27:26.62	8:49	103	00:29:16.34	9:25	117	00:30:55.38	9:57	126
	Lap 5 to 8	00:34:12.45	11:00	139									
	Lap 9 & 10												
76	119/190	8/11	382	Ray Nieves	Male	56	Westbury	NY	5	00:29:50.15	02:29:10.75		
	Lap 1 to 4	00:29:22.48	9:27	128	00:28:46.82	9:15	118	00:29:55.81	9:37	126	00:30:29.80	9:48	118
	Lap 5 to 8	00:30:35.82	9:50	118									
	Lap 9 & 10												
77	125/190	21/27	330	Enrique Sallent	Male	48	Passaic	NJ	5	00:30:45.62	02:33:48.11		
	Lap 1 to 4	00:29:59.51	9:39	133	00:29:31.02	9:30	129	00:30:06.84	9:41	127	00:31:09.28	10:01	129
	Lap 5 to 8	00:33:01.44	10:37	131									
	Lap 9 & 10												
78	127/190	10/13	222	Thomas Coll	Male	43	Mass Pk	NY	5	00:30:51.97	02:34:19.88		
	Lap 1 to 4	00:31:13.19	10:02	145	00:33:12.53	10:41	163	00:29:54.01	9:37	124	00:30:07.53	9:41	117
	Lap 5 to 8	00:29:52.61	9:36	109									
	Lap 9 & 10												
79	128/190	17/20	204	Daniel Alfiero	Male	51	Rockaway Park	NY	5	00:31:05.98	02:35:29.93		
	Lap 1 to 4	00:28:28.96	9:10	117	00:29:52.83	9:37	134	00:29:27.97	9:29	122	00:32:58.12	10:36	143
	Lap 5 to 8	00:34:42.04	11:10	146									
	Lap 9 & 10												
80	130/190	3/4	249	Fred Freutel	Male	62	Valley Stream	NY	5	00:31:08.59	02:35:42.95		
	Lap 1 to 4	00:32:16.25	10:23	166	00:29:54.95	9:37	136	00:31:22.66	10:05	142	00:30:38.98	9:51	123
	Lap 5 to 8	00:31:30.10	10:08	120									
	Lap 9 & 10												
81	131/190	22/27	316	Paul Nasta	Male	49	Northport	NY	5	00:31:11.48	02:35:57.44		
	Lap 1 to 4	00:30:35.74	9:50	139	00:29:01.49	9:20	122	00:30:07.07	9:41	128	00:32:57.59	10:36	142
	Lap 5 to 8	00:33:15.54	10:42	132									
	Lap 9 & 10												
82	132/190	6/6	221	Michael Co	Male	28	Commack	NY	5	00:31:16.84	02:36:24.20		
	Lap 1 to 4	00:32:02.74	10:18	157	00:31:40.82	10:11	149	00:31:09.31	10:01	139	00:30:58.81	9:58	127
	Lap 5 to 8	00:30:32.50	9:49	115									
	Lap 9 & 10												
83	134/190	18/20	351	John Stauber	Male	53	North Massapequ	NY	5	00:31:23.82	02:36:59.12		
	Lap 1 to 4	00:30:58.57	9:58	140	00:29:50.65	9:36	133	00:30:12.21	9:43	130	00:31:42.91	10:12	135
	Lap 5 to 8	00:34:14.77	11:01	140									
	Lap 9 & 10												
84	136/190	4/9	327	Steve Rossi	Male	33	Smithtown	NY	5	00:31:52.57	02:39:22.89		
	Lap 1 to 4	00:29:11.47	9:23	126	00:30:58.29	9:58	141	00:35:20.55	11:22	170	00:29:26.25	9:28	110
	Lap 5 to 8	00:34:26.32	11:05	142									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results - Male

March 2, 2014

Place	overall Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
85	139/190	9/11	231	Drew Demasters	Male	59	Elmhurst	NY	5	00:32:16.87	02:41:24.35		
	Lap 1 to 4	00:27:26.24	8:49	94	00:30:59.56	9:58	142	00:31:06.49	10:00	138	00:36:07.57	11:37	164
	Lap 5 to 8	00:35:44.48	11:30	155									
	Lap 9 & 10												
86	140/190	10/11	229	Vincent Delcid	Male	57	New Hyde Park	NY	5	00:32:17.35	02:41:26.78		
	Lap 1 to 4	00:33:05.74	10:39	172	00:31:09.71	10:01	144	00:31:46.42	10:13	146	00:32:03.65	10:19	137
	Lap 5 to 8	00:33:21.24	10:44	133									
	Lap 9 & 10												
87	143/190	2/2	404	Stephen Fischer	Male	17	Huntington	NY	5	00:32:34.33	02:42:51.66		
	Lap 1 to 4	00:27:49.45	8:57	108	00:29:15.08	9:24	125	00:31:48.94	10:14	148	00:34:49.64	11:12	154
	Lap 5 to 8	00:39:08.53	12:35	164									
	Lap 9 & 10												
88	148/190	19/20	311	Kevin Morrissey	Male	52	New York	NY	5	00:33:06.27	02:45:31.39		
	Lap 1 to 4	00:30:27.42	9:48	138	00:30:22.89	9:46	138	00:32:04.05	10:19	150	00:37:02.24	11:55	165
	Lap 5 to 8	00:35:34.78	11:27	154									
	Lap 9 & 10												
89	150/190	23/27	402	David Burmett	Male	45	Brooklyn	NY	5	00:33:18.15	02:46:30.79		
	Lap 1 to 4	00:31:23.97	10:06	150	00:31:11.65	10:02	145	00:30:57.25	9:57	137	00:31:33.05	10:09	131
	Lap 5 to 8	00:41:24.86	13:19	172									
	Lap 9 & 10												
90	155/190	4/5	328	Vic Rossi	Male	67	Hauppauge	NY	5	00:33:32.10	02:47:40.54		
	Lap 1 to 4	00:28:43.74	9:14	121	00:29:48.42	9:35	131	00:33:35.37	10:48	157	00:35:19.78	11:22	159
	Lap 5 to 8	00:40:13.22	12:56	166									
	Lap 9 & 10												
91	162/190	5/9	226	Nicholas Cuddy	Male	33	Oyster Bay	NY	5	00:34:33.11	02:52:45.59		
	Lap 1 to 4	00:27:52.91	8:58	109	00:29:06.28	9:22	124	00:31:28.38	10:07	144	00:40:24.82	13:00	174
	Lap 5 to 8	00:43:53.19	14:07	176									
	Lap 9 & 10												
92	163/190	24/27	209	Michael Bloom	Male	48	Commack	NY	5	00:34:39.56	02:53:17.80		
	Lap 1 to 4	00:34:42.75	11:10	181	00:33:54.82	10:54	168	00:34:24.98	11:04	163	00:35:07.33	11:18	156
	Lap 5 to 8	00:35:07.91	11:18	152									
	Lap 9 & 10												
93	166/190	6/9	312	Frank Mortimer	Male	31	Smithtown	NY	5	00:36:32.43	03:02:42.17		
	Lap 1 to 4	00:28:57.74	9:19	123	00:30:12.86	9:43	137	00:35:53.71	11:33	173	00:46:22.42	14:55	178
	Lap 5 to 8	00:41:15.44	13:16	171									
	Lap 9 & 10												
94	167/190	25/27	303	Tom Masterson	Male	49	Bayville	NY	5	00:36:40.82	03:03:24.10		
	Lap 1 to 4	00:32:10.98	10:21	162	00:35:23.79	11:23	173	00:35:18.63	11:21	168	00:39:36.07	12:44	170
	Lap 5 to 8	00:40:54.63	13:10	170									
	Lap 9 & 10												
95	168/190	26/27	348	Billy Stanley	Male	45	Hicksville	NY	5	00:36:40.94	03:03:24.72		
	Lap 1 to 4	00:32:08.74	10:20	160	00:35:27.16	11:24	175	00:35:16.71	11:21	167	00:39:53.76	12:50	173
	Lap 5 to 8	00:40:38.34	13:04	167									
	Lap 9 & 10												
96	169/190	27/27	252	Michael Gadaleta	Male	47	Glen Cove	NY	5	00:36:41.10	03:03:25.52		
	Lap 1 to 4	00:32:10.97	10:21	161	00:35:24.52	11:23	174	00:35:21.76	11:22	171	00:39:49.47	12:49	172
	Lap 5 to 8	00:40:38.78	13:04	168									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

25K

Lap legend: (time, pace & place)

Overall Results - Male

March 2, 2014

Place	overall Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
97	174/190	11/13	336	Jonathan Schwartz	Male	40	Westwood	NJ	5	00:38:08.09	03:10:40.45		
	Lap 1 to 4	00:36:35.93	11:46	183	00:38:52.91	12:30	183	00:37:56.58	12:12	178	00:39:17.83	12:38	169
	Lap 5 to 8	00:37:57.19	12:12	159									
	Lap 9 & 10												
98	176/190	1/2	318	Michael Ogazon	Male	73	Garden City	NY	5	00:38:32.11	03:12:40.59		
	Lap 1 to 4	00:33:31.60	10:47	173	00:35:51.17	11:32	180	00:38:02.63	12:14	179	00:41:33.54	13:22	175
	Lap 5 to 8	00:43:41.64	14:03	175									
	Lap 9 & 10												
99	177/190	12/13	341	Jim Silvestri	Male	43	Greenlawn	NY	5	00:42:27.72	03:32:18.64		
	Lap 1 to 4	00:33:44.44	10:51	174	00:34:50.88	11:12	171	00:42:55.49	13:48	184	00:48:58.82	15:45	179
	Lap 5 to 8	00:51:49.00	16:40	180									
	Lap 9 & 10												
100	178/190	20/20	381	Joey Arken	Male	52	Roslyn Heights	NY	5	00:44:09.97	03:40:49.87		
	Lap 1 to 4	00:32:07.25	10:20	159	00:31:50.31	10:14	150	00:42:18.56	13:37	183	00:55:10.65	17:45	183
	Lap 5 to 8	00:59:23.08	19:06	182									
	Lap 9 & 10												
101	180/190	7/9	373	Guy Klarfeld	Male	33	Plainview	NY	5	00:45:14.13	03:46:10.67		
	Lap 1 to 4	00:42:00.52	13:31	187	00:37:35.83	12:06	182	00:44:42.79	14:23	185	00:49:07.81	15:48	180
	Lap 5 to 8	00:52:43.71	16:58	181									
	Lap 9 & 10												
102	181/190	5/5	364	Victor Weisberg	Male	69	Forest Hills	NY	5	00:46:57.53	03:54:47.69		
	Lap 1 to 4	00:41:24.55	13:19	186	00:45:01.80	14:29	187	00:48:21.36	15:33	187	00:50:10.60	16:08	181
	Lap 5 to 8	00:49:49.36	16:02	177									
	Lap 9 & 10												
103	182/190	1/1	287	Howard Kestenbaum	Male	82	Plainview	NY	5	00:50:25.44	04:12:07.22		
	Lap 1 to 4	00:46:44.17	15:02	189	00:51:42.46	16:38	188	00:50:01.08	16:05	188	00:52:36.16	16:55	182
	Lap 5 to 8	00:51:03.33	16:25	179									
	Lap 9 & 10												
104	183/190	2/2	206	Barry Aronowsky	Male	73	Greenlawn	NY	5	00:59:07.51	04:55:37.56		
	Lap 1 to 4	00:55:20.78	17:48	190	00:56:09.83	18:04	189	00:55:47.88	17:57	189	01:02:01.66	19:57	184
	Lap 5 to 8	01:06:17.40	21:20	183									
	Lap 9 & 10												
105	184/190	11/11	265	David Grosskurth	Male	55	Dix Hills	NY	4	00:25:47.10	01:43:08.43		
	Lap 1 to 4	00:25:34.26	8:13	69	00:25:50.68	8:19	76	00:25:47.73	8:18	71	00:25:55.75	8:20	65
	Lap 5 to 8												
	Lap 9 & 10												
106	185/190	8/9	391	Thomas Weber	Male	34	Rockvilke Centre	NY	3	00:24:07.91	01:12:23.75		
	Lap 1 to 4	00:22:59.13	7:23	37	00:23:13.65	7:28	44	00:26:10.97	8:25	82			
	Lap 5 to 8												
	Lap 9 & 10												
107	186/190	9/9	216	Richard Caiazza	Male	34	Port Jefferson Sta	NY	3	00:24:07.98	01:12:23.96		
	Lap 1 to 4	00:22:54.90	7:22	35	00:22:49.37	7:20	36	00:26:39.68	8:34	89			
	Lap 5 to 8												
	Lap 9 & 10												
108	187/190	13/13	337	Erik Semo	Male	43	East Northport	NY	3	00:34:41.28	01:44:03.86		
	Lap 1 to 4	00:34:13.75	11:01	175	00:33:53.57	10:54	167	00:35:56.54	11:34	174			
	Lap 5 to 8												
	Lap 9 & 10												

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25K

Lap legend: (time, pace & place)

Overall Results - Male

March 2, 2014

Place	overall Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time
109	188/190	2/2	333	Jamie Schneider	Male	23	Great Neck	NY	3	00:39:51.81	01:59:35.44
	Lap 1 to 4	00:37:10.90	11:58	185	00:41:13.27	13:16	185	00:41:11.27	13:15	181	
	Lap 5 to 8										
	Lap 9 & 10										
110	189/190	4/4	332	Allan Schneider	Male	60	Great Neck	NY	3	00:39:52.05	01:59:36.17
	Lap 1 to 4	00:37:10.90	11:58	184	00:41:13.27	13:16	184	00:41:12.00	13:15	182	
	Lap 5 to 8										
	Lap 9 & 10										