

# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
1	1/335	1/1	577	Aaron Robertson	M	36	Melville	NY	1	5:35	00:17:23.16	2	5:34	00:17:18.20	5:34	00:34:41.36
2	2/335	1/12	45	Michael Berger	M	26	Bellmore	NY	3	5:41	00:17:40.86	1	5:30	00:17:06.35	5:35	00:34:47.22
3	3/335	2/12	679	Brian Mongeon	M	29	Long Island City	NY	2	5:38	00:17:32.11	3	5:34	00:17:19.58	5:36	00:34:51.69
4	4/335	1/15	274	Christopher Koegel	M	31	Malverne	NY	4	5:44	00:17:49.47	4	5:48	00:18:04.29	5:46	00:35:53.76
5	5/335	2/15	588	Gavin Goldstein	M	33	Dix Hills	NY	5	5:50	00:18:08.71	8	6:00	00:18:41.21	5:55	00:36:49.92
6	6/335	3/15	572	Ronald Joseph	M	31	Far Rockaway	NY	6	5:52	00:18:16.47	9	6:03	00:18:47.88	5:57	00:37:04.35
7	7/335	3/12	583	Tom Savarese	M	26	Dix Hills	NY	11	5:59	00:18:36.97	5	5:57	00:18:31.38	5:58	00:37:08.35
8	8/335	1/34	496	Mike Talles	M	38	Lindenhurst	NY	12	5:59	00:18:37.22	6	5:58	00:18:34.68	5:59	00:37:11.91
9	9/335	1/1	218	Keith Guilfoyle	M	48	Commack	NY	13	5:59	00:18:37.97	7	5:59	00:18:36.99	5:59	00:37:14.96
10	10/335	4/15	606	Steven Cuomo	M	32	Shirley	NY	10	5:58	00:18:32.94	13	6:08	00:19:05.66	6:03	00:37:38.60
11	11/335	1/29	439	Todd Rowley	M	45	Huntington	NY	8	5:57	00:18:31.47	15	6:09	00:19:07.22	6:03	00:37:38.70
12	1/263	1/1	157	Betsy Eickelberg	F	23	Leonia	NJ	14	6:05	00:18:55.93	11	6:06	00:18:58.17	6:05	00:37:54.10
13	12/335	1/6	120	James Dachille	M	18	Merrick	NY	15	6:06	00:18:58.56	10	6:06	00:18:57.53	6:06	00:37:56.10
14	13/335	2/6	655	Ted Oster	M	17	Mastic	NY	9	5:57	00:18:31.52	31	6:25	00:19:58.44	6:11	00:38:29.96
15	14/335	5/15	400	Joshua Parsons	M	30	Lynbrook	NY	17	6:08	00:19:04.89	18	6:15	00:19:26.69	6:11	00:38:31.58
16	15/335	4/12	478	Matthew Smith	M	29	Port Jefferson	NY	7	5:57	00:18:29.88	34	6:26	00:20:02.30	6:12	00:38:32.18
17	16/335	1/29	394	Jaime Palacios	M	60	Fresh Meadows	NY	24	6:17	00:19:33.20	12	6:07	00:19:00.41	6:12	00:38:33.61
18	17/335	2/29	332	Shaun Mara	M	48	East Northport	NY	21	6:16	00:19:28.70	14	6:08	00:19:06.13	6:12	00:38:34.84
19	2/263	1/19	642	Jen Dagan	F	31	Farmingdale	NY	20	6:15	00:19:27.88	16	6:09	00:19:08.78	6:12	00:38:36.67
20	18/335	5/12	390	Mitchell Ostrow	M	27	Long Beach	NY	16	6:06	00:18:58.99	24	6:19	00:19:37.73	6:12	00:38:36.72
21	19/335	2/34	635	Jose Villola	M	36	Bellport	NY	18	6:14	00:19:24.22	22	6:18	00:19:34.60	6:16	00:38:58.83
22	20/335	2/29	534	Chris Webber	M	62	Sayville	NY	23	6:17	00:19:32.78	19	6:16	00:19:30.72	6:17	00:39:03.50
23	21/335	3/34	652	Trent Hampton	M	36	West Babylon	NY	19	6:14	00:19:24.47	26	6:19	00:19:40.64	6:17	00:39:05.11
24	22/335	3/29	253	Gus Isaksson	M	48	St. James	NY	25	6:18	00:19:34.81	21	6:17	00:19:31.92	6:17	00:39:06.74
25	23/335	1/33	209	Mitch Gould	M	43	Woodbury	NY	26	6:19	00:19:39.22	25	6:19	00:19:38.88	6:19	00:39:18.10
26	24/335	4/34	403	Jimmy Peck	M	39	Huntington Street	NY	22	6:16	00:19:29.47	29	6:23	00:19:51.63	6:19	00:39:21.10
27	25/335	2/33	513	Daniel Valderrama	M	44	Oyster Bay	NY	27	6:22	00:19:47.19	23	6:18	00:19:36.61	6:20	00:39:23.81
28	3/263	1/19	283	Victoria Kornieva	F	27	Massapequa	NY	30	6:28	00:20:05.79	17	6:13	00:19:21.49	6:20	00:39:27.29
29	26/335	3/29	556	Kevin Carroll	M	62	Dix Hills	NY	29	6:24	00:19:55.59	20	6:17	00:19:31.70	6:20	00:39:27.29
30	27/335	5/34	312	David Lopez-Merlos	M	36	East Northport	NY	28	6:22	00:19:48.43	27	6:22	00:19:48.17	6:22	00:39:36.60
31	28/335	4/29	658	Steven Schmidt	M	49	Greenlawn	NY	33	6:28	00:20:06.42	28	6:22	00:19:49.69	6:25	00:39:56.11
32	29/335	6/34	644	Doroteo Soledad	M	39	Water Mill	NY	35	6:28	00:20:07.23	33	6:26	00:20:00.71	6:27	00:40:07.94
33	30/335	3/33	525	Robert Votruba	M	43	Garden Ckity	NY	39	6:31	00:20:15.39	30	6:24	00:19:53.71	6:27	00:40:09.10
34	31/335	1/36	518	Wayne Vartabedian	M	51	Long Beach	NY	32	6:28	00:20:06.21	35	6:28	00:20:07.49	6:28	00:40:13.70
35	4/263	1/1	64	Una Broderick	F	48	Wantagh	NY	36	6:28	00:20:07.44	36	6:29	00:20:09.21	6:28	00:40:16.65
36	32/335	5/29	169	Michael Fernandez	M	46	Farmingdale	NY	31	6:28	00:20:05.97	38	6:29	00:20:11.38	6:29	00:40:17.36

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									Place	Pace	Time	Place	Pace	Time	Pace	Time
37	5/263	1/26	257	Lauren Jasinski	F	38	Cold Spring Harbor	NY	37	6:28	00:20:07.72	37	6:29	00:20:11.03	6:29	00:40:18.76
38	33/335	1/45	121	Ned Daily	M	57	Garden City	NY	34	6:28	00:20:06.62	40	6:33	00:20:21.63	6:30	00:40:28.25
39	34/335	4/33	504	Steven Toto	M	41	Commack	NY	46	6:36	00:20:32.87	32	6:26	00:19:59.98	6:31	00:40:32.86
40	35/335	1/22	154	John Dullaghan	M	38	East Northport	NY	43	6:32	00:20:19.85	41	6:33	00:20:23.00	6:33	00:40:42.86
41	36/335	2/45	430	Michael Robles	M	56	Smithtown	NY	44	6:33	00:20:23.29	42	6:34	00:20:26.11	6:34	00:40:49.41
42	6/263	1/47	128	Noni Degirmenci	F	41	Port Washington	NY	38	6:29	00:20:08.67	44	6:41	00:20:48.05	6:35	00:40:56.72
43	37/335	5/33	627	David Frisone Jr	M	43	Merrick	NY	48	6:39	00:20:41.44	39	6:32	00:20:18.13	6:35	00:40:59.57
44	38/335	6/15	36	Matthew Baudier	M	34	Northport	NY	45	6:34	00:20:26.75	43	6:38	00:20:38.85	6:36	00:41:05.61
45	7/263	1/14	599	Kathryn Martin	F	63	Northport	NY	40	6:31	00:20:17.42	45	6:42	00:20:50.82	6:37	00:41:08.24
46	39/335	1/2	118	Leonardo Cuozzo	M	14	Bellmore	NY	41	6:32	00:20:17.97	52	6:50	00:21:16.88	6:41	00:41:34.86
47	40/335	6/12	370	Taylor Mucaria	M	27	Floral Park	NY	42	6:32	00:20:18.63	54	6:52	00:21:20.94	6:42	00:41:39.57
48	8/263	2/19	529	Michele Walker	F	31	Massapequa	NY	47	6:39	00:20:40.97	51	6:49	00:21:12.22	6:44	00:41:53.20
49	41/335	3/45	530	Jon Wallach	M	58	Levittown	NY	52	6:43	00:20:53.42	47	6:45	00:21:01.19	6:44	00:41:54.61
50	42/335	2/36	339	Bill Mazza	M	52	West Gilgo Beach	NY	55	6:46	00:21:04.22	48	6:47	00:21:04.64	6:46	00:42:08.86
51	9/263	1/8	148	Lauren Dorsky	F	19	Huntington	NY	50	6:41	00:20:46.10	56	6:53	00:21:25.76	6:47	00:42:11.86
52	43/335	7/34	307	Ryan Lewis	M	39	New Fairfield	CT	57	6:48	00:21:07.98	49	6:48	00:21:09.63	6:48	00:42:17.61
53	44/335	3/36	465	Rick Secor	M	53	Ronkonkoma	NY	49	6:40	00:20:43.22	69	7:01	00:21:50.72	6:50	00:42:33.95
54	10/263	1/29	645	Nancy Aboff	F	55	Huntington	NY	54	6:46	00:21:01.47	60	6:56	00:21:33.04	6:51	00:42:34.52
55	11/263	1/30	474	Jill Skelly	F	51	Baldwin	NY	56	6:48	00:21:07.67	58	6:55	00:21:29.94	6:51	00:42:37.61
56	45/335	7/15	493	Ryan Sullivan	M	30	Long Beach	NY	53	6:44	00:20:55.67	65	7:00	00:21:45.17	6:52	00:42:40.84
57	46/335	6/29	125	Rohan Dawes	M	48	Elmont	NY	72	7:00	00:21:45.57	46	6:45	00:20:58.74	6:52	00:42:44.31
58	47/335	4/45	466	Karnik Seferian	M	57	Setauket	NY	63	6:53	00:21:26.15	53	6:51	00:21:18.37	6:52	00:42:44.52
59	48/335	8/34	648	Efren De Los Santos	M	36	Hampton Bays	NY	51	6:41	00:20:47.73	75	7:05	00:22:02.38	6:53	00:42:50.11
60	49/335	7/29	520	Arthur Vendryes	M	46	Brooklyn	NY	71	7:00	00:21:45.48	50	6:49	00:21:11.49	6:54	00:42:56.97
61	50/335	4/36	580	Kieran Gibbons	M	50	Northport	NY	66	6:56	00:21:35.38	55	6:52	00:21:22.73	6:54	00:42:58.11
62	51/335	8/29	576	Kevin Arloff	M	48	Dix Hills	NY	61	6:51	00:21:18.86	64	6:59	00:21:44.35	6:55	00:43:03.21
63	52/335	2/22	99	John Clifford	M	51	Seaford	NY	60	6:50	00:21:16.19	67	7:01	00:21:49.49	6:56	00:43:05.69
64	12/263	2/19	600	Nicole Unger	F	27	Great Neck	NY	67	6:58	00:21:40.67	59	6:55	00:21:31.08	6:57	00:43:11.75
65	53/335	5/45	143	P J Diskin	M	59	Mineola	NY	68	6:59	00:21:42.92	61	6:56	00:21:35.37	6:58	00:43:18.29
66	54/335	4/29	551	Eric Zimmer	M	63	St. James	NY	59	6:50	00:21:15.79	76	7:05	00:22:03.12	6:58	00:43:18.91
67	55/335	7/12	82	Andrew Carrig	M	28	North Babylon	NY	65	6:56	00:21:33.12	68	7:01	00:21:49.65	6:58	00:43:22.77
68	56/335	5/29	367	Angelo Morrongiello	M	60	Lynbrook	NY	79	7:03	00:21:54.97	57	6:54	00:21:28.81	6:59	00:43:23.78
69	13/263	2/30	444	Barbara Russo	F	51	Sayville	NY	74	7:00	00:21:46.78	63	6:58	00:21:41.08	6:59	00:43:27.86
70	57/335	6/45	29	Mike Baard	M	59	Merrick	NY	77	7:02	00:21:51.48	62	6:58	00:21:39.03	7:00	00:43:30.51
71	58/335	8/15	477	Kurt Smith	M	34	Blue Point	NY	62	6:51	00:21:19.26	84	7:10	00:22:17.35	7:01	00:43:36.61
72	59/335	1/7	412	Chris Postol	M	24	Valley Stream	NY	58	6:49	00:21:11.22	89	7:15	00:22:32.11	7:02	00:43:43.33

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									Place	Pace	Time	Place	Pace	Time	Pace	Time
73	60/335	3/6	618	Thomas Mihailen	M	19	E Northport	NY	76	7:01	00:21:49.85	70	7:03	00:21:54.26	7:02	00:43:44.11
74	61/335	9/29	182	Eric Friedman	M	49	Merrick	NY	64	6:56	00:21:32.77	83	7:09	00:22:15.03	7:02	00:43:47.80
75	14/263	2/29	598	Emma Riconda	F	58	Northport	NY	69	7:00	00:21:44.96	81	7:08	00:22:12.62	7:04	00:43:57.58
76	62/335	9/34	575	Michael Mandato	M	35	Northport	NY	75	7:00	00:21:47.47	82	7:08	00:22:12.75	7:04	00:44:00.23
77	15/263	3/19	573	Shari Klarfeld	F	34	Plainview	NY	70	7:00	00:21:45.37	85	7:11	00:22:19.12	7:05	00:44:04.49
78	63/335	10/29	393	Victor Pajonas	M	49	Seaford	NY	83	7:07	00:22:07.42	71	7:04	00:21:57.45	7:05	00:44:04.87
79	16/263	1/33	597	Kathleen Callahan	F	47	E.northport	NY	85	7:09	00:22:13.95	80	7:08	00:22:12.39	7:09	00:44:26.34
80	64/335	1/24	355	Daniel Metzger	M	40	Oceanside	NY	73	7:00	00:21:46.23	96	7:18	00:22:43.89	7:09	00:44:30.12
81	65/335	6/33	672	Hector Jaramillo	M	43	Baldwin	NY	93	7:14	00:22:31.47	72	7:04	00:21:59.89	7:09	00:44:31.37
82	66/335	10/34	228	Robert Hegedus	M	38	Kew Gardens Hills	NY	95	7:15	00:22:32.23	74	7:05	00:22:01.22	7:10	00:44:33.46
83	67/335	11/29	113	Charles Crowe	M	47	Deer Park	NY	92	7:14	00:22:30.98	77	7:06	00:22:04.88	7:10	00:44:35.86
84	17/263	2/8	395	Antonia Palazzolo	F	17	Commack	NY	105	7:22	00:22:53.71	66	7:00	00:21:47.65	7:11	00:44:41.36
85	18/263	3/30	683	Nancy Tantone	F	50	West Islip	NY	80	7:03	00:21:55.18	104	7:21	00:22:51.92	7:12	00:44:47.10
86	68/335	11/34	649	Jd Valdespiro	M	36	Hampton Bays	NY	81	7:06	00:22:04.72	97	7:19	00:22:46.23	7:13	00:44:50.95
87	69/335	7/45	261	Louis Sparaco	M	56	Patchogue	NY	89	7:12	00:22:25.23	86	7:14	00:22:28.76	7:13	00:44:53.99
88	70/335	4/6	653	Calvin Arancibia	M	16	Mastic	NY	82	7:06	00:22:05.38	103	7:20	00:22:49.76	7:13	00:44:55.15
89	71/335	8/45	309	Ronald Lipsky	M	59	Franklin Square	NY	88	7:12	00:22:23.31	90	7:15	00:22:32.84	7:13	00:44:56.15
90	72/335	12/34	626	Jason Rodriguez	M	37	Hicksville	NY	111	7:23	00:22:57.77	73	7:04	00:22:00.10	7:14	00:44:57.87
91	73/335	13/34	631	Carl Lorenz	M	36	Wantagh	NY	91	7:14	00:22:30.46	92	7:15	00:22:33.65	7:15	00:45:04.12
92	19/263	4/19	641	Jessica Petrina	F	33	Old Bethpage	NY	78	7:02	00:21:53.73	116	7:28	00:23:14.70	7:15	00:45:08.43
93	20/263	2/26	348	Nicole Mcnamara	F	35	Smithtown	NY	96	7:15	00:22:33.94	94	7:18	00:22:41.18	7:16	00:45:15.12
94	21/263	3/19	313	Jill Loveland	F	29	Hicksville	NY	87	7:12	00:22:22.98	105	7:22	00:22:53.39	7:17	00:45:16.37
95	74/335	5/36	289	Kurt Laforest	M	54	Setauket	NY	86	7:11	00:22:20.47	111	7:25	00:23:04.09	7:18	00:45:24.56
96	75/335	12/29	624	Matthew Conroy	M	45	Melville	NY	84	7:08	00:22:10.88	117	7:29	00:23:15.48	7:18	00:45:26.37
97	76/335	1/14	386	Alan Oman	M	65	Babylon	NY	94	7:15	00:22:31.88	106	7:22	00:22:56.23	7:19	00:45:28.12
98	77/335	9/45	117	Alex Cuozzo	M	57	Bellmore	NY	99	7:18	00:22:42.29	98	7:19	00:22:46.93	7:19	00:45:29.22
99	22/263	2/33	147	Kathy Dormer	F	45	Williston Park	NY	102	7:20	00:22:48.63	95	7:18	00:22:41.77	7:19	00:45:30.41
100	78/335	6/36	57	D J Bouzourene	M	50	Old Bethpage	NY	125	7:30	00:23:20.24	79	7:08	00:22:11.41	7:19	00:45:31.65
101	79/335	1/15	508	Joseph Tumbarello	M	71	Glen Cove	NY	115	7:23	00:22:58.82	91	7:15	00:22:33.03	7:19	00:45:31.85
102	80/335	10/45	564	Grant Radtke	M	59	East Meadow	NY	108	7:23	00:22:56.95	99	7:20	00:22:48.76	7:21	00:45:45.72
103	23/263	3/26	115	Angela Cruz	F	38	Massapequa Park	NY	109	7:23	00:22:57.73	100	7:20	00:22:48.80	7:21	00:45:46.53
104	81/335	7/36	565	Jeff Berg	M	53	Westbury	NY	110	7:23	00:22:57.73	101	7:20	00:22:48.89	7:22	00:45:46.62
105	82/335	14/34	461	Andrew Schwartz	M	39	Port Washington	NY	137	7:37	00:23:41.96	78	7:08	00:22:09.85	7:22	00:45:51.82
106	83/335	11/45	251	Peter Inserra	M	57	Fort Salonga	NY	123	7:29	00:23:17.44	93	7:16	00:22:37.42	7:23	00:45:54.87
107	84/335	12/45	547	Jerry Wosleger	M	56	Rockville Centre	NY	104	7:21	00:22:52.70	109	7:25	00:23:02.91	7:23	00:45:55.62
108	85/335	8/36	318	Andrew Lupu	M	53	North Bellmore	NY	97	7:16	00:22:35.73	122	7:31	00:23:22.38	7:23	00:45:58.12

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109	24/263	3/8	357	Gianna Mincone	F	16	Huntington Station	NY	107	7:22	00:22:55.13	110	7:25	00:23:03.99	7:24	00:45:59.12
110	86/335	9/36	375	Ronald Nardo	M	51	Bellmore	NY	100	7:18	00:22:43.92	118	7:29	00:23:15.63	7:24	00:45:59.56
111	25/263	3/29	669	Dolores Doman	F	58	Dix Hills	NY	98	7:16	00:22:37.38	124	7:32	00:23:25.41	7:24	00:46:02.79
112	87/335	13/29	584	Michael Singh	M	48	Valley Stream	NY	112	7:23	00:22:58.40	112	7:26	00:23:07.83	7:25	00:46:06.24
113	88/335	10/36	249	Dean Hutchinson	M	53	Long Beach	NY	124	7:30	00:23:18.23	102	7:20	00:22:49.14	7:25	00:46:07.37
114	89/335	11/36	248	Michael Hunter	M	53	N. Merrick	NY	90	7:14	00:22:29.98	135	7:37	00:23:42.80	7:26	00:46:12.78
115	26/263	3/33	235	Lesli Hiller	F	48	New Hyde Park	NY	101	7:19	00:22:44.34	131	7:35	00:23:35.60	7:27	00:46:19.94
116	90/335	9/15	413	Sean Probert	M	30	Babylon	NY	143	7:41	00:23:54.73	88	7:14	00:22:30.88	7:28	00:46:25.62
117	91/335	13/45	546	Glen Wolther	M	58	Jericho	NY	119	7:27	00:23:09.87	119	7:29	00:23:17.75	7:28	00:46:27.62
118	27/263	1/7	637	Jenn Booth	F	20	Smithtown	NY	118	7:25	00:23:05.14	123	7:32	00:23:24.58	7:28	00:46:29.73
119	92/335	2/7	291	Paul Lagumina	M	21	Massapequa	NY	116	7:24	00:23:00.47	129	7:35	00:23:33.88	7:29	00:46:34.35
120	93/335	7/33	633	Keith Huntington	M	41	Greenlawn	NY	113	7:23	00:22:58.61	132	7:35	00:23:36.35	7:29	00:46:34.96
121	94/335	8/12	187	Andrew Fund	M	25	Long Beach	NY	151	7:45	00:24:05.20	87	7:14	00:22:29.92	7:29	00:46:35.12
122	95/335	12/36	167	Frank Favilla	M	52	Bethpage	NY	128	7:31	00:23:22.13	121	7:30	00:23:20.23	7:30	00:46:42.37
123	96/335	15/34	201	Raymond Gogarty	M	37	Deer Park	NY	103	7:21	00:22:50.85	145	7:41	00:23:54.26	7:31	00:46:45.12
124	28/263	4/29	391	Linda Ottaviano	F	59	Cold Spring Harbor	NY	127	7:30	00:23:20.69	126	7:33	00:23:29.68	7:32	00:46:50.37
125	29/263	5/19	667	Kiera Stajk	F	33	Ridge	NY	129	7:31	00:23:22.73	130	7:35	00:23:34.61	7:33	00:46:57.34
126	97/335	16/34	18	Sean Alexander	M	37	East Northport	NY	121	7:27	00:23:11.50	138	7:39	00:23:46.24	7:33	00:46:57.74
127	98/335	2/24	272	John Keichline	M	50	Plainview	NY	120	7:27	00:23:11.23	142	7:40	00:23:51.88	7:34	00:47:03.12
128	30/263	4/19	191	Theresa Gannon	F	28	Farmingdale	NY	144	7:41	00:23:54.81	113	7:27	00:23:09.76	7:34	00:47:04.58
129	99/335	8/33	581	Brad Eisenstein	M	41	Plainview	NY	134	7:33	00:23:29.48	134	7:36	00:23:37.23	7:34	00:47:06.72
130	100/335	17/34	650	Reginald Hyppolite	M	39	Valley Stream	NY	147	7:42	00:23:58.47	114	7:27	00:23:10.88	7:35	00:47:09.36
131	101/335	6/29	241	Bruce Hotchkiss	M	61	New Suffolk	NY	106	7:22	00:22:54.48	162	7:49	00:24:18.33	7:35	00:47:12.82
132	102/335	13/36	281	Avi Korenshtein	M	52	Commack	NY	117	7:24	00:23:01.23	160	7:48	00:24:15.87	7:36	00:47:17.11
133	103/335	14/36	51	Paul Bonanni	M	54	Selden	NY	132	7:32	00:23:27.21	144	7:41	00:23:53.38	7:37	00:47:20.60
134	104/335	15/36	362	Robert Monaco	M	51	Woodbury	NY	126	7:30	00:23:20.49	152	7:44	00:24:01.88	7:37	00:47:22.37
135	105/335	7/29	192	Anthony Garguilo	M	63	Kings Park	NY	136	7:36	00:23:38.69	136	7:38	00:23:44.67	7:37	00:47:23.37
136	106/335	18/34	116	David Cubero	M	37	East Northport	NY	135	7:36	00:23:38.52	141	7:39	00:23:47.00	7:37	00:47:25.52
137	31/263	4/26	359	Katie Mitchell	F	36	Bohemia	NY	133	7:33	00:23:28.73	148	7:42	00:23:56.93	7:37	00:47:25.66
138	32/263	2/47	65	Mary-Jo Brower	F	41	Hicksville	NY	130	7:31	00:23:23.33	154	7:44	00:24:04.03	7:38	00:47:27.37
139	107/335	19/34	475	George Skrepetos	M	36	Flushing	NY	146	7:42	00:23:56.73	127	7:34	00:23:31.38	7:38	00:47:28.11
140	33/263	5/19	616	Sarah Kirsch	F	25	Setauket	NY	122	7:28	00:23:14.99	167	7:49	00:24:18.88	7:39	00:47:33.87
141	108/335	2/14	336	Peter Martin	M	65	Bellmore	NY	114	7:23	00:22:58.73	184	7:56	00:24:41.04	7:40	00:47:39.78
142	109/335	16/36	86	Michael Casale	M	54	North Bellmore	NY	163	7:52	00:24:29.25	115	7:28	00:23:12.62	7:40	00:47:41.87
143	34/263	3/47	341	Bridget Mccann	F	41	Long Beach	NY	131	7:32	00:23:25.16	161	7:49	00:24:17.96	7:40	00:47:43.12
144	110/335	10/15	150	David Drebsky	M	34	Plainview	NY	154	7:47	00:24:11.48	133	7:35	00:23:36.70	7:41	00:47:48.19

# Aspire 10K Run

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## Overall Results

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
145	35/263	4/33	301	Yvonne Leippert	F	47	Coram	NY	140	7:40	00:23:50.48	150	7:43	00:23:59.89	7:41	00:47:50.37
146	111/335	14/45	392	Chuck Otto	M	59	Sayville	NY	152	7:45	00:24:07.38	137	7:38	00:23:45.49	7:42	00:47:52.87
147	112/335	17/36	127	Bob Debeneditis	M	50	East Williston	NY	166	7:54	00:24:34.73	120	7:30	00:23:18.89	7:42	00:47:53.62
148	113/335	15/45	678	Romulo Brito	M	55	Uniondale	NY	148	7:44	00:24:01.93	147	7:42	00:23:55.94	7:43	00:47:57.87
149	114/335	20/34	56	Christopher Boundy	M	36	Coram	NY	149	7:44	00:24:03.98	146	7:41	00:23:55.39	7:43	00:47:59.37
150	36/263	1/9	446	Dionida Ryce	F	46	Valley Stream	NY	157	7:48	00:24:14.37	139	7:39	00:23:46.46	7:43	00:48:00.84
151	37/263	4/30	163	Tracey Epstein	F	54	Smithtown	NY	160	7:49	00:24:19.67	140	7:39	00:23:46.68	7:44	00:48:06.35
152	38/263	5/29	481	Kim Solomine	F	57	Syosset	NY	141	7:40	00:23:51.48	166	7:49	00:24:18.84	7:45	00:48:10.33
153	115/335	21/34	539	Mike Whitman	M	38	Hicksville	NY	158	7:48	00:24:14.48	155	7:44	00:24:04.64	7:46	00:48:19.12
154	116/335	3/22	544	Adam Wolf	M	40	Huntington	NY	176	7:59	00:24:50.42	128	7:34	00:23:31.40	7:46	00:48:21.83
155	117/335	9/33	665	Alan Smith	M	42	Southold	NY	142	7:40	00:23:51.73	178	7:54	00:24:33.89	7:47	00:48:25.62
156	118/335	18/36	498	Dwayne Taylor	M	52	Baldwin	NY	161	7:49	00:24:19.98	156	7:45	00:24:07.14	7:47	00:48:27.13
157	39/263	5/33	451	Patty Santella	F	47	Syosset	NY	138	7:38	00:23:44.81	188	7:57	00:24:44.07	7:48	00:48:28.88
158	119/335	22/34	220	Andrew Hafele	M	35	Bay Shore	NY	139	7:39	00:23:47.69	185	7:56	00:24:41.48	7:48	00:48:29.18
159	40/263	6/19	417	Kristen Randone	F	26	South Huntington	NY	167	7:54	00:24:35.15	149	7:43	00:23:59.16	7:48	00:48:34.32
160	41/263	4/8	396	Alyssa Palumbo	F	18	Dix Hills	NY	213	8:13	00:25:34.19	107	7:24	00:23:01.39	7:49	00:48:35.59
161	42/263	7/19	50	Lisa Bonanni	F	28	Selden	NY	145	7:42	00:23:55.98	183	7:56	00:24:40.14	7:49	00:48:36.12
162	43/263	5/8	397	Jenna Palumbo	F	16	Dix Hills	NY	212	8:13	00:25:33.99	108	7:25	00:23:02.89	7:49	00:48:36.88
163	44/263	6/29	524	Dee Vogt	F	55	Huntington	NY	159	7:49	00:24:18.66	165	7:49	00:24:18.63	7:49	00:48:37.29
164	120/335	16/45	638	Rick Booth	M	58	Smithtown	NY	156	7:47	00:24:12.94	174	7:51	00:24:25.43	7:49	00:48:38.37
165	121/335	4/22	383	Seth Novick	M	30	Huntington	NY	170	7:57	00:24:45.12	151	7:43	00:24:01.51	7:50	00:48:46.63
166	45/263	4/47	526	Jennifer Wagner	F	41	Island Park	NY	162	7:52	00:24:27.40	171	7:50	00:24:20.97	7:51	00:48:48.37
167	122/335	2/15	321	Tom Maile	M	72	Cortlandt Manor	NY	164	7:53	00:24:30.47	170	7:49	00:24:19.82	7:51	00:48:50.29
168	123/335	10/33	490	Jason Straus	M	41	Plainview	NY	150	7:45	00:24:04.98	190	7:59	00:24:48.55	7:52	00:48:53.54
169	124/335	11/33	347	Thomas Mcmanus	M	41	Plainview	NY	192	8:03	00:25:01.43	143	7:40	00:23:52.32	7:52	00:48:53.75
170	46/263	5/47	540	Lani Wille	F	42	Saint James	NY	172	7:58	00:24:45.94	157	7:46	00:24:09.20	7:52	00:48:55.14
171	47/263	6/47	13	Jennifer Adelberg	F	41	St. James	NY	173	7:58	00:24:46.35	158	7:47	00:24:11.02	7:52	00:48:57.38
172	48/263	5/26	555	Meredith Vogel	F	36	Melville	NY	165	7:54	00:24:33.72	173	7:51	00:24:23.65	7:52	00:48:57.38
173	125/335	23/34	320	Sean Mahoney	M	38	Smithtown	NY	195	8:04	00:25:03.86	153	7:44	00:24:01.89	7:54	00:49:05.76
174	126/335	3/24	259	Rick Johnson	M	57	Kings Park	NY	153	7:46	00:24:08.23	194	8:03	00:25:00.99	7:54	00:49:09.22
175	49/263	7/29	49	Debbie Blair	F	56	Cold Spring Harbor	NY	188	8:02	00:24:57.95	159	7:48	00:24:15.51	7:55	00:49:13.47
176	127/335	24/34	593	Barry Molof	M	35	Plainview	NY	183	8:00	00:24:54.24	168	7:49	00:24:19.63	7:55	00:49:13.87
177	50/263	8/29	17	Ruth Albright	F	55	Wheatley Heights	NY	175	7:59	00:24:49.40	176	7:53	00:24:32.20	7:56	00:49:21.61
178	128/335	12/33	566	Rob Levy	M	43	Plainview	NY	155	7:47	00:24:11.92	201	8:06	00:25:10.46	7:56	00:49:22.38
179	129/335	25/34	640	Darryn Solotoff	M	38	Centerport	NY	180	8:00	00:24:51.64	179	7:55	00:24:35.98	7:57	00:49:27.63
180	130/335	13/33	287	John Lafalce	M	40	Farmingdale	NY	193	8:03	00:25:02.23	175	7:51	00:24:25.54	7:57	00:49:27.78

# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
181	51/263	6/26	213	Christine Grippo	F	35	Locust Valley	NY	177	7:59	00:24:50.73	181	7:55	00:24:37.15	7:57	00:49:27.89
182	52/263	7/26	153	Christy Druzynski	F	38	Huntington	NY	196	8:04	00:25:04.69	172	7:51	00:24:23.42	7:57	00:49:28.11
183	53/263	7/47	31	Patty Baker	F	41	Farmingdale	NY	171	7:58	00:24:45.94	189	7:57	00:24:44.18	7:57	00:49:30.13
184	131/335	17/45	682	Paul Aloe	M	58	Port Washington	NY	185	8:01	00:24:56.23	180	7:55	00:24:36.36	7:58	00:49:32.59
185	54/263	8/26	379	Andrea Nerlich	F	38	Huntington	NY	202	8:07	00:25:15.24	164	7:49	00:24:18.59	7:58	00:49:33.83
186	132/335	19/36	258	John Brenthol	M	53	Brooklyn	NY	208	8:11	00:25:26.68	163	7:49	00:24:18.52	8:00	00:49:45.20
187	133/335	4/24	219	Anthony Guluzzi	M	29	Massapequa	NY	200	8:05	00:25:08.73	182	7:55	00:24:38.10	8:00	00:49:46.84
188	134/335	18/45	97	Stephen Cipot	M	57	New Hyde Park	NY	197	8:04	00:25:05.23	186	7:57	00:24:42.06	8:00	00:49:47.30
189	55/263	6/33	172	Dianne Finneran	F	49	Smithtown	NY	186	8:01	00:24:56.52	192	7:59	00:24:50.79	8:00	00:49:47.32
190	135/335	20/36	334	Edward Marian	M	54	Huntington Station	NY	190	8:02	00:25:00.20	191	7:59	00:24:48.65	8:00	00:49:48.86
191	56/263	8/19	52	Jessica Bonati	F	28	Patchogue	NY	210	8:12	00:25:29.73	169	7:49	00:24:19.73	8:01	00:49:49.46
192	136/335	26/34	77	Marvin Canita	M	38	East Meadow	NY	198	8:05	00:25:07.93	187	7:57	00:24:43.96	8:01	00:49:51.89
193	137/335	8/29	271	James Kehoe	M	63	Northport	NY	179	8:00	00:24:51.64	196	8:05	00:25:07.74	8:02	00:49:59.38
194	138/335	5/24	181	Paul Franciotti	M	60	East Meadow	NY	178	8:00	00:24:51.44	200	8:06	00:25:10.41	8:03	00:50:01.86
195	139/335	19/45	288	Louis Lafleur	M	59	Holbrook	NY	184	8:01	00:24:54.69	198	8:05	00:25:08.94	8:03	00:50:03.63
196	140/335	5/22	96	Charles Ciarfello	M	44	Smithtown	NY	194	8:03	00:25:03.53	197	8:05	00:25:08.85	8:04	00:50:12.38
197	141/335	27/34	369	Ben Moss	M	37	Plainview	NY	215	8:15	00:25:39.71	177	7:54	00:24:33.67	8:04	00:50:13.38
198	142/335	3/15	178	Michael Floman	M	71	Bayside	NY	189	8:02	00:24:59.19	204	8:08	00:25:16.70	8:05	00:50:15.89
199	143/335	20/45	612	Brian Gunderson	M	56	Medford	NY	168	7:56	00:24:40.86	211	8:15	00:25:40.27	8:06	00:50:21.13
200	144/335	3/7	632	Joseph Choinski	M	20	E.northport	NY	169	7:56	00:24:41.68	212	8:16	00:25:42.62	8:06	00:50:24.30
201	57/263	8/47	590	Erica Fraiberg	F	41	Greenlawn	NY	199	8:05	00:25:08.54	207	8:10	00:25:23.82	8:07	00:50:32.37
202	145/335	21/36	205	Daniel Goldstein	M	53	Huntington St	NY	206	8:10	00:25:24.73	199	8:05	00:25:09.65	8:08	00:50:34.38
203	146/335	3/14	368	Glenn Morse	M	66	Massapequa	NY	181	8:00	00:24:52.65	214	8:18	00:25:47.64	8:09	00:50:40.29
204	147/335	14/33	557	Benjamin Beavers	M	41	Amityville	NY	182	8:00	00:24:52.98	216	8:18	00:25:48.73	8:09	00:50:41.71
205	148/335	14/29	659	Tom Welsh	M	49	Huntington	NY	221	8:19	00:25:52.95	193	8:00	00:24:52.64	8:10	00:50:45.59
206	149/335	6/24	435	Steve Rossi	M	34	Hauppauge	NY	211	8:13	00:25:31.98	203	8:07	00:25:16.21	8:10	00:50:48.20
207	150/335	9/29	378	Paul Nelson	M	60	St. James	NY	209	8:11	00:25:28.49	206	8:09	00:25:20.64	8:10	00:50:49.13
208	151/335	7/24	265	Steve Juchem	M	45	N Bellmore	NY	207	8:11	00:25:25.99	208	8:10	00:25:24.14	8:10	00:50:50.13
209	152/335	15/33	239	Lance Homan	M	42	Farmingville	NY	225	8:20	00:25:55.21	195	8:03	00:25:01.75	8:11	00:50:56.96
210	153/335	16/33	78	Louis Cappelli	M	44	East Meadow	NY	203	8:10	00:25:22.98	213	8:17	00:25:47.14	8:14	00:51:10.13
211	154/335	21/45	337	Frank Martinez	M	57	Commack	NY	191	8:02	00:25:00.61	233	8:25	00:26:11.80	8:14	00:51:12.41
212	58/263	5/30	625	Karen Nora	F	54	Northport	NY	218	8:17	00:25:46.80	209	8:12	00:25:30.86	8:15	00:51:17.67
213	155/335	17/33	414	William Provoncha	M	42	Bethpage	NY	187	8:01	00:24:57.13	244	8:29	00:26:24.51	8:15	00:51:21.65
214	156/335	10/29	166	Scott Fairgrieve	M	64	Mineola	NY	229	8:24	00:26:06.73	202	8:07	00:25:15.40	8:15	00:51:22.14
215	157/335	11/29	317	Michael Ludwig	M	60	Rockville Centre	NY	174	7:58	00:24:46.48	252	8:33	00:26:35.87	8:16	00:51:22.36
216	59/263	9/19	499	Brooke Hepp	F	26	Northport	NY	204	8:10	00:25:24.22	226	8:22	00:26:02.21	8:16	00:51:26.43

# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
217	158/335	6/22	69	John Burrell	M	39	Deer Park	NY	306	9:05	00:28:13.74	125	7:33	00:23:29.58	8:19	00:51:43.32
218	60/263	9/29	246	Lorraine Huether	F	58	Melville	NY	223	8:20	00:25:53.50	217	8:18	00:25:50.38	8:19	00:51:43.88
219	61/263	6/30	639	Barbara Cronin-Stagnari	F	53	Mineola	NY	226	8:20	00:25:55.62	215	8:18	00:25:48.26	8:19	00:51:43.88
220	62/263	7/30	327	Lori Mangual	F	50	Merrick	NY	214	8:14	00:25:35.20	231	8:25	00:26:11.14	8:19	00:51:46.34
221	159/335	4/15	574	Bob Mcvetty	M	72	Westbury	NY	216	8:16	00:25:43.74	227	8:24	00:26:06.64	8:20	00:51:50.38
222	63/263	7/33	388	Regina Orelli	F	49	Huntington Station	NY	205	8:10	00:25:24.50	247	8:32	00:26:30.88	8:21	00:51:55.38
223	64/263	6/19	80	Meg Carrasquillo	F	30	Brooklyn	NY	240	8:29	00:26:21.46	210	8:15	00:25:38.32	8:22	00:51:59.78
224	160/335	9/12	492	Mike Strom	M	26	Plainview	NY	255	8:35	00:26:42.86	205	8:09	00:25:20.37	8:22	00:52:03.24
225	65/263	8/33	142	Wendy Disilvestro	F	46	East Northport	NY	228	8:23	00:26:04.79	222	8:21	00:25:59.71	8:22	00:52:04.50
226	161/335	5/15	671	Gary Muhrcke	M	74	Huntington	NY	227	8:20	00:25:55.74	232	8:25	00:26:11.39	8:23	00:52:07.13
227	66/263	9/33	463	Kika Sclafani	F	45	Floral Park	NY	230	8:24	00:26:07.46	225	8:22	00:26:01.47	8:23	00:52:08.93
228	67/263	8/30	102	Lisa Colby	F	50	Smithtown	NY	224	8:20	00:25:54.23	237	8:27	00:26:16.90	8:23	00:52:11.13
229	68/263	9/30	107	Sue Corrie	F	54	New Hyde Park	NY	236	8:26	00:26:14.95	223	8:22	00:26:00.49	8:24	00:52:15.44
230	69/263	9/47	500	Jenney Tesoriero	F	44	Westbury	NY	220	8:19	00:25:51.49	251	8:32	00:26:32.69	8:25	00:52:24.18
231	162/335	28/34	634	Juan Gomez	M	38	Patchogue	NY	201	8:06	00:25:11.48	281	8:46	00:27:16.36	8:26	00:52:27.85
232	70/263	10/47	303	Danielle Leong	F	42	Commack	NY	232	8:25	00:26:09.88	240	8:28	00:26:19.75	8:26	00:52:29.63
233	163/335	15/29	487	Michael Starr	M	45	Plainview	NY	233	8:25	00:26:11.10	239	8:28	00:26:18.59	8:26	00:52:29.69
234	71/263	10/30	657	Carol Rivadeneyra	F	50	Ridge	NY	234	8:26	00:26:12.72	242	8:29	00:26:22.85	8:27	00:52:35.58
235	72/263	11/47	22	Michele Ansman	F	43	West Islip	NY	242	8:29	00:26:22.71	234	8:26	00:26:13.89	8:27	00:52:36.60
236	164/335	8/24	528	Lloyd Wagner	M	57	Plainview	NY	249	8:31	00:26:30.41	229	8:25	00:26:09.72	8:28	00:52:40.13
237	73/263	11/30	376	Eve Nebenhaus	F	54	Manhasset	NY	222	8:19	00:25:53.24	260	8:37	00:26:48.34	8:28	00:52:41.58
238	165/335	18/33	100	Michael Cohen	M	40	Plainview	NY	256	8:36	00:26:43.87	221	8:21	00:25:58.26	8:28	00:52:42.13
239	166/335	22/36	74	Vincent Cagna	M	51	Moriches	NY	251	8:32	00:26:33.24	230	8:25	00:26:10.52	8:29	00:52:43.77
240	167/335	6/15	185	David Frisone	M	70	New Hyde Park	NY	247	8:31	00:26:27.76	238	8:27	00:26:17.73	8:29	00:52:45.50
241	168/335	16/29	23	John Antinora	M	49	Hicksville	NY	248	8:31	00:26:29.74	235	8:27	00:26:16.37	8:29	00:52:46.11
242	169/335	10/12	141	Frank Dirocco	M	27	South Huntington	NY	250	8:32	00:26:32.65	243	8:29	00:26:24.21	8:31	00:52:56.86
243	74/263	12/30	175	Adriana Fitting	F	50	Hicksvill	NY	262	8:42	00:27:04.27	224	8:22	00:26:00.54	8:32	00:53:04.81
244	170/335	12/29	385	Juan Oliveras	M	63	Northport	NY	253	8:34	00:26:38.18	246	8:30	00:26:27.03	8:32	00:53:05.21
245	75/263	2/14	275	Susan Keogh	F	61	Bellmore	NY	235	8:26	00:26:13.24	262	8:38	00:26:52.15	8:32	00:53:05.39
246	76/263	10/33	501	Eliana Themistocleous	F	47	Melville	NY	245	8:30	00:26:26.15	259	8:37	00:26:47.17	8:33	00:53:13.32
247	171/335	17/29	85	Kenneth Carsten	M	49	Melville	NY	257	8:36	00:26:44.24	249	8:32	00:26:31.73	8:34	00:53:15.97
248	172/335	22/45	67	Martin Buchman	M	55	Stony Brook	NY	269	8:48	00:27:21.18	219	8:20	00:25:55.39	8:34	00:53:16.57
249	77/263	10/29	429	Susan Robinson	F	56	Coram	NY	254	8:35	00:26:40.74	253	8:33	00:26:36.03	8:34	00:53:16.77
250	173/335	19/33	358	Michael Minerva	M	43	Sayville	NY	239	8:28	00:26:20.99	264	8:40	00:26:57.82	8:34	00:53:18.81
251	78/263	7/19	366	Grace Moran	F	30	Ronkonkoma	NY	243	8:29	00:26:23.24	266	8:40	00:26:58.40	8:35	00:53:21.64
252	174/335	7/22	221	Paul Hammond	M	47	North Merrick	NY	217	8:17	00:25:45.73	300	8:54	00:27:39.90	8:35	00:53:25.64

# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
253	175/335	11/15	196	Justin Gershowitz	M	34	Wantagh	NY	276	8:52	00:27:34.20	218	8:19	00:25:52.15	8:35	00:53:26.36
254	176/335	23/45	380	Bill Niedfeld	M	55	Seaford	NY	258	8:37	00:26:46.94	254	8:34	00:26:39.59	8:36	00:53:26.53
255	177/335	8/22	356	Rob Miller	M	35	Wantagh	NY	275	8:52	00:27:34.19	220	8:21	00:25:57.40	8:36	00:53:31.60
256	79/263	11/29	83	Maura Carroll	F	55	Islip	NY	238	8:28	00:26:20.23	278	8:45	00:27:11.91	8:36	00:53:32.14
257	178/335	11/12	189	Michael Galeotafiore	M	25	N. Massapequa	NY	244	8:29	00:26:23.69	277	8:45	00:27:11.20	8:37	00:53:34.89
258	80/263	10/19	536	Melissa West	F	25	N Massapequa	NY	241	8:29	00:26:22.27	279	8:45	00:27:12.83	8:37	00:53:35.10
259	179/335	13/29	194	Robert Genovese	M	61	Baldwin	NY	266	8:47	00:27:19.17	236	8:27	00:26:16.72	8:37	00:53:35.89
260	180/335	18/29	662	Mark Bernstein	M	48	Melville	NY	237	8:27	00:26:17.51	284	8:47	00:27:18.87	8:37	00:53:36.39
261	181/335	29/34	538	Patrick White	M	39	Massapequa	NY	267	8:47	00:27:19.37	241	8:28	00:26:19.77	8:38	00:53:39.14
262	182/335	24/45	110	Bill Crispino	M	56	Freeport	NY	278	8:53	00:27:36.29	228	8:24	00:26:08.53	8:38	00:53:44.82
263	81/263	8/19	674	Jessica Norton	F	31	Babylon	NY	265	8:47	00:27:18.56	248	8:32	00:26:31.55	8:39	00:53:50.11
264	183/335	14/29	586	Robert Elsener	M	60	E.northport	NY	231	8:25	00:26:09.24	305	8:55	00:27:42.51	8:40	00:53:51.75
265	184/335	15/29	268	Leonard Kaufman	M	64	Plainview	NY	260	8:40	00:26:58.74	268	8:41	00:26:59.82	8:41	00:53:58.56
266	82/263	12/47	345	Juliana Mcgraim	F	41	Nesconset	NY	259	8:38	00:26:51.41	274	8:43	00:27:07.46	8:41	00:53:58.87
267	185/335	25/45	636	Kevin Wizbicki	M	55	East Meadow	NY	246	8:30	00:26:27.16	295	8:51	00:27:31.70	8:41	00:53:58.87
268	186/335	9/22	292	Jeremy Lally	M	39	Hauppauge	NY	263	8:43	00:27:07.74	272	8:42	00:27:03.53	8:43	00:54:11.27
269	187/335	19/29	230	Gudmundur Heidarrson	M	48	Massapequa	NY	252	8:34	00:26:37.97	297	8:52	00:27:34.50	8:43	00:54:12.48
270	83/263	13/47	40	Joana Bekerman	F	43	Jericho	NY	272	8:50	00:27:28.91	258	8:36	00:26:45.95	8:43	00:54:14.87
271	84/263	2/9	108	Caroline Cosgrove	F	34	Oyster Bay	NY	273	8:52	00:27:32.99	256	8:35	00:26:42.71	8:43	00:54:15.71
272	188/335	30/34	93	Bryan Chasen	M	35	Plainview	NY	219	8:18	00:25:47.48	340	9:10	00:28:31.27	8:44	00:54:18.75
273	189/335	23/36	579	William Raftery	M	52	East Islip	NY	261	8:41	00:26:59.83	287	8:48	00:27:21.76	8:44	00:54:21.59
274	85/263	9/19	433	Kristen Ropke	F	31	Oyster Bay	NY	271	8:49	00:27:26.28	265	8:40	00:26:58.17	8:45	00:54:24.45
275	86/263	3/14	300	Pamela Lee	F	61	Syosset	NY	264	8:45	00:27:11.23	285	8:47	00:27:20.16	8:46	00:54:31.39
276	87/263	9/26	629	Stacy Ackerman	F	36	Plainview	NY	287	8:54	00:27:41.54	269	8:41	00:27:00.23	8:48	00:54:41.77
277	88/263	12/29	646	Fay Mattane	F	56	Floral Park	NY	293	8:56	00:27:46.24	271	8:42	00:27:03.04	8:49	00:54:49.28
278	190/335	24/36	236	Alan Hlavenka	M	54	Seaford	NY	285	8:54	00:27:39.71	275	8:44	00:27:09.68	8:49	00:54:49.39
279	89/263	14/47	676	Christine Rodriguez	F	41	Huntington	NY	315	9:09	00:28:27.20	245	8:30	00:26:25.68	8:49	00:54:52.89
280	191/335	20/33	305	Michael Lettera	M	44	Westbury	NY	305	9:04	00:28:11.49	257	8:35	00:26:43.06	8:50	00:54:54.55
281	192/335	31/34	329	Ontiretse Manyala	M	38	Middle Island	NY	286	8:54	00:27:41.13	280	8:45	00:27:14.01	8:50	00:54:55.14
282	193/335	9/24	628	Len Oppenheimer	M	47	Hewlett	NY	295	8:58	00:27:54.59	270	8:41	00:27:00.80	8:50	00:54:55.39
283	194/335	4/14	278	Richard Kleiman	M	68	Plainview	NY	277	8:52	00:27:34.30	289	8:49	00:27:24.98	8:50	00:54:59.28
284	90/263	11/33	352	Elizabeth Melillo	F	49	Northport	NY	289	8:55	00:27:42.97	282	8:46	00:27:16.64	8:50	00:54:59.62
285	91/263	13/30	416	Donna Randone	F	53	S. Huntington	NY	283	8:53	00:27:38.74	286	8:48	00:27:21.40	8:51	00:55:00.14
286	195/335	26/45	377	Harlan Nebenhaus	M	55	Manhasset	NY	274	8:52	00:27:33.79	291	8:50	00:27:27.04	8:51	00:55:00.83
287	92/263	11/19	491	Caitlin Stroh	F	26	Mount Sinai	NY	318	9:10	00:28:30.67	250	8:32	00:26:32.59	8:51	00:55:03.26
288	93/263	4/14	543	Gloria Withus	F	64	Brentwood	NY	282	8:53	00:27:38.70	293	8:50	00:27:29.19	8:52	00:55:07.89



# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
289	196/335	21/33	596	Mike Heyer	M	40	Hicksville	NY	297	9:00	00:27:58.67	283	8:46	00:27:16.97	8:53	00:55:15.64
290	197/335	10/24	32	Richard Barkan	M	50	Long Beach	NY	294	8:57	00:27:49.92	294	8:51	00:27:30.72	8:54	00:55:20.64
291	198/335	7/15	589	Arthur Weisberg	M	70	Larchmont	NY	321	9:12	00:28:37.99	261	8:37	00:26:49.40	8:55	00:55:27.39
292	94/263	15/47	494	Diana Suprenant	F	41	North Babylon	NY	270	8:49	00:27:26.24	315	9:01	00:28:02.60	8:55	00:55:28.85
293	95/263	14/30	277	Donna Kleiman	F	52	Syosset	NY	284	8:53	00:27:38.89	307	8:58	00:27:51.76	8:55	00:55:30.66
294	199/335	16/29	343	James Mcdougall	M	60	Lake Ronkonkoma	NY	300	9:00	00:28:00.80	296	8:52	00:27:32.93	8:56	00:55:33.73
295	96/263	16/47	15	Roseann Alamia	F	44	Seaford	NY	288	8:54	00:27:42.15	308	8:58	00:27:52.19	8:56	00:55:34.34
296	200/335	17/29	223	Philip Handy	M	60	Syosset	NY	281	8:53	00:27:38.26	312	9:00	00:27:58.52	8:56	00:55:36.79
297	201/335	10/22	441	Samuel Rudman	M	47	Melville	NY	303	9:01	00:28:02.33	299	8:53	00:27:37.00	8:57	00:55:39.33
298	97/263	12/33	542	Kristin Wist	F	45	Bohemia	NY	299	9:00	00:28:00.49	303	8:54	00:27:40.76	8:57	00:55:41.25
299	202/335	11/24	269	Tom Keady	M	32	Wantagh	NY	268	8:47	00:27:19.49	333	9:07	00:28:22.04	8:57	00:55:41.54
300	98/263	5/14	571	Marie Brewer	F	60	Mineola	NY	301	9:01	00:28:00.91	302	8:54	00:27:40.63	8:57	00:55:41.54
301	203/335	18/29	133	Drew Demasters	M	60	Elmhurst	NY	280	8:53	00:27:37.46	332	9:06	00:28:17.19	8:59	00:55:54.65
302	204/335	19/29	25	Napoleon Arthus	M	63	Glen Head	NY	317	9:10	00:28:29.65	290	8:49	00:27:25.25	8:59	00:55:54.91
303	99/263	15/30	188	Sheri Gaitings	F	53	Huntington	NY	291	8:55	00:27:43.75	323	9:04	00:28:12.15	9:00	00:55:55.90
304	205/335	12/24	489	Robert Stefanik	M	49	Garden City	NY	292	8:56	00:27:45.74	322	9:04	00:28:10.40	9:00	00:55:56.15
305	206/335	27/45	216	Bill Guichard	M	59	Melville	NY	290	8:55	00:27:43.37	324	9:04	00:28:12.97	9:00	00:55:56.35
306	100/263	16/30	567	Rosemary Jones	F	53	Babylon	NY	346	9:22	00:29:07.94	263	8:39	00:26:54.68	9:01	00:56:02.62
307	207/335	11/22	68	Andrew Budris	M	40	Bellport	NY	314	9:07	00:28:20.45	306	8:56	00:27:47.66	9:02	00:56:08.12
308	101/263	10/19	668	Sarina Sarter	F	34	Wantagh	NY	319	9:12	00:28:36.58	298	8:52	00:27:35.78	9:02	00:56:12.36
309	102/263	17/47	21	Audrey Ammirati	F	40	Floral Park	NY	339	9:21	00:29:04.69	276	8:44	00:27:09.70	9:03	00:56:14.39
310	103/263	17/30	76	Maria Campese	F	50	Garden City	NY	347	9:22	00:29:08.13	273	8:43	00:27:06.46	9:03	00:56:14.60
311	104/263	6/14	549	Marianne Zacharia	F	60	East Northport	NY	304	9:02	00:28:05.99	321	9:03	00:28:09.50	9:03	00:56:15.50
312	208/335	20/29	2	Steven Jonas	M	64	Woodbury	NY	334	9:17	00:28:52.44	288	8:49	00:27:24.19	9:03	00:56:16.63
313	209/335	28/45	482	Scott Sparr	M	56	Massapequa	NY	310	9:06	00:28:17.20	314	9:01	00:28:01.44	9:03	00:56:18.64
314	210/335	29/45	81	Salvatore Carretta Jr.	M	58	Yonkers	NY	312	9:06	00:28:18.42	320	9:03	00:28:07.22	9:04	00:56:25.64
315	105/263	3/9	432	Maria Romano	F	56	Jamaica	NY	313	9:06	00:28:18.63	319	9:02	00:28:07.01	9:04	00:56:25.64
316	106/263	18/47	519	Maria Vecchione	F	44	East Meadow	NY	327	9:15	00:28:44.99	304	8:54	00:27:41.76	9:05	00:56:26.75
317	107/263	13/33	62	Anne Broderick	F	49	Hicksville	NY	311	9:06	00:28:17.61	328	9:05	00:28:14.79	9:05	00:56:32.40
318	108/263	11/19	34	Marisa Barracca	F	30	Maspeth	NY	341	9:22	00:29:06.24	292	8:50	00:27:27.90	9:06	00:56:34.14
319	211/335	12/15	33	Jonathan Barracca	M	30	Maspeth	NY	325	9:13	00:28:40.86	309	8:58	00:27:53.88	9:06	00:56:34.75
320	212/335	13/24	488	John Stauber	M	54	North Massapequa	NY	322	9:13	00:28:39.23	311	8:59	00:27:56.05	9:06	00:56:35.28
321	213/335	30/45	245	Ed Huether	M	58	Farmingdale	NY	308	9:05	00:28:15.75	334	9:07	00:28:22.20	9:06	00:56:37.95
322	214/335	31/45	132	Brian Demasters	M	56	Mineola	NY	279	8:53	00:27:37.24	362	9:20	00:29:01.41	9:06	00:56:38.66
323	109/263	1/6	190	Joanne Gallo	F	65	Oyster Bay	NY	298	9:00	00:27:58.99	348	9:14	00:28:41.83	9:07	00:56:40.82
324	110/263	6/8	604	Madeline Bastaniac	F	16	Patchogue	NY	296	8:59	00:27:55.49	354	9:16	00:28:50.03	9:08	00:56:45.53

# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
325	111/263	2/6	186	Maureen Frisone	F	66	New Hyde Park	NY	307	9:05	00:28:15.16	342	9:11	00:28:33.98	9:08	00:56:49.15
326	112/263	13/29	554	Laurene Fargnoli	F	56	West Islip	NY	331	9:17	00:28:50.62	313	9:00	00:27:59.77	9:08	00:56:50.39
327	113/263	4/9	161	Vanessa Elbaum	F	52	Melville	NY	302	9:01	00:28:01.49	356	9:17	00:28:52.33	9:09	00:56:53.82
328	114/263	12/19	456	Nina Schlissel	F	28	Jericho	NY	323	9:13	00:28:39.87	327	9:05	00:28:13.95	9:09	00:56:53.82
329	215/335	12/22	409	Carson Pohlman	M	53	St James	NY	337	9:20	00:29:02.44	310	8:58	00:27:54.24	9:09	00:56:56.69
330	216/335	20/29	552	Howie Zwang	M	48	Great Neck	NY	384	9:39	00:30:02.00	267	8:41	00:26:58.89	9:10	00:57:00.89
331	217/335	21/29	27	Scott Ash	M	48	Greenlawn	NY	356	9:27	00:29:22.21	301	8:54	00:27:39.93	9:10	00:57:02.15
332	115/263	19/47	472	Jill Shwom	F	42	Plainview	NY	332	9:17	00:28:51.63	329	9:05	00:28:15.02	9:11	00:57:06.65
333	116/263	10/26	302	Michelle Lenski	F	37	Plainview	NY	333	9:17	00:28:51.74	330	9:05	00:28:15.12	9:11	00:57:06.87
334	218/335	13/22	422	Eric Reisch	M	36	Dix Hills	NY	336	9:20	00:29:02.24	318	9:02	00:28:06.74	9:11	00:57:08.98
335	219/335	14/22	48	Jarred Berman	M	25	Merrick	NY	401	9:50	00:30:33.66	255	8:35	00:26:40.48	9:12	00:57:14.15
336	117/263	7/14	486	Barbara Stanley	F	60	Franklin Square	NY	316	9:10	00:28:29.25	353	9:16	00:28:49.01	9:13	00:57:18.26
337	118/263	20/47	170	Deb Ferry	F	43	Mt. Sinai	NY	309	9:05	00:28:15.77	373	9:23	00:29:12.06	9:14	00:57:27.83
338	220/335	22/29	267	Jason Katz	M	48	Plainview	NY	357	9:27	00:29:22.42	316	9:02	00:28:05.93	9:14	00:57:28.36
339	221/335	13/15	226	Evan Hay	M	31	West Islip	NY	326	9:14	00:28:43.50	350	9:15	00:28:45.14	9:14	00:57:28.64
340	119/263	5/9	279	Dawn Konopka	F	35	Ridge	NY	320	9:12	00:28:36.99	357	9:18	00:28:54.32	9:15	00:57:31.31
341	120/263	14/33	531	Eileen Walter	F	47	Bethpage	NY	338	9:21	00:29:04.25	344	9:12	00:28:35.57	9:16	00:57:39.83
342	121/263	18/30	561	Wendy Roberts	F	52	Old Bethpage	NY	353	9:26	00:29:21.38	337	9:08	00:28:24.95	9:17	00:57:46.33
343	222/335	25/36	560	Richard Dauman	M	52	Old Bethpage	NY	355	9:26	00:29:21.59	336	9:08	00:28:24.94	9:17	00:57:46.53
344	122/263	19/30	562	Robin Gunsher	F	50	Old Bethpage	NY	354	9:26	00:29:21.58	338	9:08	00:28:25.06	9:17	00:57:46.65
345	123/263	14/29	502	Vera Thompson	F	57	N Babylon	NY	349	9:22	00:29:09.15	346	9:12	00:28:37.64	9:17	00:57:46.79
346	223/335	21/29	384	Daniel O'donnell	M	62	Smithtown	NY	335	9:18	00:28:54.99	358	9:18	00:28:56.59	9:18	00:57:51.59
347	224/335	26/36	408	Mark Plotkin	M	50	Plainview	NY	366	9:32	00:29:38.99	331	9:05	00:28:15.50	9:19	00:57:54.50
348	225/335	32/45	382	Robert Nikodem	M	55	Huntington	NY	342	9:22	00:29:07.12	352	9:16	00:28:48.13	9:19	00:57:55.26
349	226/335	33/45	316	Thomas Lucie	M	57	W. Islip	NY	350	9:23	00:29:11.57	355	9:17	00:28:51.33	9:20	00:58:02.90
350	227/335	5/14	234	Gabriel Hickey	M	66	Bethpage	NY	330	9:16	00:28:49.99	376	9:25	00:29:16.84	9:21	00:58:06.83
351	124/263	12/19	104	Lauren Coonan	F	30	Malverne	NY	365	9:32	00:29:38.93	341	9:10	00:28:31.39	9:21	00:58:10.32
352	125/263	7/8	244	Samantha Hubert	F	18	Lindenhurst	NY	344	9:22	00:29:07.50	368	9:21	00:29:04.64	9:21	00:58:12.14
353	228/335	14/24	306	Steven Levy	M	41	Dix Hills	NY	388	9:42	00:30:08.55	317	9:02	00:28:06.03	9:22	00:58:14.58
354	229/335	8/15	270	Hubert Keen	M	70	Farmingdale	NY	371	9:35	00:29:48.74	339	9:09	00:28:27.24	9:22	00:58:15.99
355	126/263	21/47	468	Lisa Shackman	F	44	Plainview	NY	352	9:26	00:29:19.54	361	9:19	00:28:58.86	9:22	00:58:18.40
356	127/263	20/30	315	Maria Lucie	F	54	W. Islip	NY	351	9:23	00:29:12.20	369	9:22	00:29:06.33	9:23	00:58:18.54
357	230/335	6/14	436	Vic Rossi	M	68	Hauppauge	NY	345	9:22	00:29:07.73	372	9:23	00:29:10.81	9:23	00:58:18.55
358	128/263	11/26	346	Lisa Mcmanus	F	38	Plainview	NY	329	9:16	00:28:47.74	384	9:30	00:29:34.05	9:23	00:58:21.80
359	231/335	34/45	381	Ray Nieves	M	57	Westbury	NY	340	9:21	00:29:05.98	377	9:25	00:29:18.42	9:23	00:58:24.40
360	232/335	15/22	340	Peter Mcatee	M	69	Massapequa	NY	359	9:27	00:29:24.65	365	9:21	00:29:03.74	9:24	00:58:28.40

# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
361	129/263	15/33	183	Janine Friedman	F	45	Plainview	NY	360	9:29	00:29:30.57	359	9:19	00:28:58.03	9:24	00:58:28.61
362	233/335	22/33	184	Scott Friedman	M	44	Plainview	NY	361	9:29	00:29:30.75	360	9:19	00:28:58.37	9:24	00:58:29.13
363	130/263	12/26	568	Erin Mcinstrey	F	38	Long Beach	NY	370	9:35	00:29:46.90	349	9:14	00:28:44.34	9:25	00:58:31.24
364	234/335	16/22	63	Michael Broderick	M	50	Hicksville	NY	343	9:22	00:29:07.13	380	9:27	00:29:24.73	9:25	00:58:31.86
365	235/335	23/29	527	Keith Wagner	M	48	Manorville	NY	377	9:38	00:29:57.92	343	9:11	00:28:34.23	9:25	00:58:32.15
366	236/335	27/36	582	Mark Brozek	M	51	Huntington	NY	324	9:13	00:28:40.25	398	9:39	00:30:01.14	9:26	00:58:41.39
367	237/335	28/36	663	Robert Rate	M	50	Selden	NY	348	9:22	00:29:08.49	385	9:31	00:29:34.65	9:26	00:58:43.15
368	131/263	21/30	670	Anita Von Himmel	F	54	Massapequa	NY	328	9:15	00:28:45.95	400	9:41	00:30:05.23	9:28	00:58:51.18
369	132/263	16/33	350	Dedee Meehan	F	47	Lake Ronkonkoma	NY	395	9:45	00:30:19.16	345	9:12	00:28:35.68	9:28	00:58:54.85
370	133/263	15/29	112	Susan Critz	F	56	Islip	NY	362	9:29	00:29:30.98	382	9:28	00:29:26.69	9:29	00:58:57.68
371	238/335	5/6	602	Roberto Bastaniac	M	19	Patchogue	NY	373	9:37	00:29:54.22	367	9:21	00:29:04.17	9:29	00:58:58.40
372	239/335	23/33	619	Joshua Parez	M	41	Ronkonkoma	NY	375	9:38	00:29:56.79	366	9:21	00:29:03.94	9:29	00:59:00.73
373	240/335	35/45	160	Clifford Ejikeme	M	56	Dix Hills	NY	397	9:46	00:30:21.75	347	9:13	00:28:39.17	9:29	00:59:00.92
374	241/335	14/15	124	Ryan David	M	30	Bronx	NY	368	9:33	00:29:42.24	378	9:26	00:29:21.54	9:30	00:59:03.79
375	134/263	22/47	660	Colleen Rowlings	F	43	Yellowstone Nation	WY	385	9:40	00:30:02.65	364	9:20	00:29:02.96	9:30	00:59:05.61
376	242/335	22/29	206	Ehud Golos	M	64	East Hills	NY	396	9:45	00:30:19.36	351	9:15	00:28:47.25	9:30	00:59:06.62
377	243/335	24/33	58	Bill Brake	M	42	Plainview	NY	418	9:57	00:30:55.00	326	9:05	00:28:13.52	9:31	00:59:08.52
378	135/263	16/29	37	Judy Baum	F	59	Glen Head	NY	414	9:54	00:30:47.72	335	9:08	00:28:23.18	9:31	00:59:10.90
379	136/263	13/26	455	Christine Scheinman	F	38	Commack	NY	381	9:39	00:29:59.99	374	9:24	00:29:12.54	9:31	00:59:12.53
380	244/335	25/33	44	Jim Benson	M	44	Brooklyn Park	MN	382	9:39	00:29:59.99	375	9:24	00:29:12.66	9:31	00:59:12.65
381	245/335	15/24	495	Joseph Suprenant	M	42	North Babylon	NY	390	9:43	00:30:13.62	371	9:23	00:29:09.52	9:33	00:59:23.14
382	137/263	8/8	91	Nikki Chase	F	18	Hicksville	NY	399	9:47	00:30:25.50	363	9:20	00:29:01.62	9:34	00:59:27.12
383	246/335	1/5	224	Jack Hanley	M	79	Babylon	NY	372	9:37	00:29:53.10	388	9:32	00:29:38.18	9:34	00:59:31.28
384	247/335	29/36	231	Mark Heiman	M	51	Plainview	NY	367	9:33	00:29:40.75	397	9:38	00:29:56.01	9:35	00:59:36.76
385	248/335	7/14	351	William Meisner	M	66	Plainview	NY	363	9:30	00:29:32.00	401	9:41	00:30:05.65	9:35	00:59:37.65
386	249/335	30/36	453	Dan Scarangella	M	50	Levittown	NY	380	9:38	00:29:58.75	390	9:33	00:29:40.40	9:35	00:59:39.15
387	138/263	22/30	505	Jean Marie Toy	F	50	Baldwin	NY	392	9:44	00:30:16.50	381	9:28	00:29:25.98	9:36	00:59:42.48
388	250/335	17/22	387	Rich O'Neill	M	48	Center Moriches	NY	376	9:38	00:29:57.10	392	9:34	00:29:45.74	9:36	00:59:42.85
389	139/263	17/33	280	Jacqui Koplik	F	48	Wantagh	NY	389	9:43	00:30:13.10	387	9:32	00:29:37.86	9:37	00:59:50.96
390	251/335	32/34	46	Jonathan Bergman	M	39	Glen Head	NY	383	9:39	00:30:01.62	395	9:37	00:29:53.02	9:38	00:59:54.64
391	252/335	16/24	54	Spiros Botos	M	35	Oceanside	NY	400	9:48	00:30:28.25	383	9:30	00:29:32.88	9:39	01:00:01.13
392	253/335	8/14	664	Patrick Horan	M	65	East Norwich	NY	358	9:27	00:29:23.00	409	9:52	00:30:39.35	9:39	01:00:02.35
393	140/263	13/19	373	Laurel Murphy	F	28	Medford	NY	378	9:38	00:29:58.13	405	9:44	00:30:14.52	9:41	01:00:12.65
394	141/263	14/26	425	Carolyn Richardson	F	35	Port Jefferson Station	NY	409	9:52	00:30:41.17	389	9:32	00:29:39.47	9:42	01:00:20.64
395	142/263	18/33	522	Sharon Verdino	F	47	Kings Park	NY	403	9:50	00:30:34.67	396	9:37	00:29:53.06	9:43	01:00:27.74
396	254/335	18/22	328	Howie Mann	M	60	Roslyn Heights	NY	416	9:56	00:30:52.39	386	9:31	00:29:35.95	9:43	01:00:28.34

# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
397	255/335	17/24	421	Tom Ratto	M	59	Sayville	NY	424	10:03	00:31:14.50	379	9:27	00:29:22.65	9:45	01:00:37.15
398	143/263	17/29	66	Janice Brown	F	59	Valley Stream	NY	417	9:56	00:30:53.75	393	9:35	00:29:48.84	9:46	01:00:42.59
399	256/335	24/29	677	Mark Temkin	M	47	Plainview	NY	374	9:38	00:29:56.70	418	10:00	00:31:07.19	9:49	01:01:03.89
400	144/263	1/8	548	Chrystie Young	F	36	Franklin Square	NY	387	9:40	00:30:04.90	413	9:58	00:31:00.40	9:49	01:01:05.30
401	145/263	18/29	129	Peggy Delaney	F	58	New Hyde Park	NY	393	9:44	00:30:17.50	411	9:56	00:30:53.30	9:50	01:01:10.80
402	146/263	19/33	398	Maureen Palumbo	F	47	Dix Hills	NY	415	9:54	00:30:47.92	406	9:46	00:30:23.06	9:50	01:01:10.98
403	257/335	9/14	550	Perry Zeichner	M	66	Brightwaters	NY	369	9:34	00:29:43.74	427	10:08	00:31:29.41	9:51	01:01:13.16
404	258/335	26/33	401	Rey Paulemont	M	43	Medford	NY	364	9:31	00:29:34.24	433	10:11	00:31:41.40	9:51	01:01:15.65
405	259/335	9/15	594	George Hubbard	M	74	Farmingville	NY	421	10:01	00:31:09.50	404	9:42	00:30:09.39	9:52	01:01:18.89
406	260/335	19/22	299	Linc Leder	M	38	Melville	NY	433	10:10	00:31:35.50	391	9:34	00:29:45.40	9:52	01:01:20.91
407	147/263	8/14	293	Maryanne Langro	F	63	Hicksville	NY	386	9:40	00:30:03.88	424	10:05	00:31:20.27	9:52	01:01:24.16
408	148/263	15/26	53	Jennifer Bosley	F	35	Islip	NY	483	10:43	00:33:18.25	325	9:05	00:28:13.40	9:54	01:01:31.66
409	149/263	2/7	651	Emma Carpenter	F	24	Farmingdale	NY	455	10:26	00:32:27.37	370	9:22	00:29:08.53	9:54	01:01:35.91
410	261/335	23/29	165	Jesus Estaba	M	60	Brooklyn	NY	406	9:51	00:30:36.71	412	9:58	00:30:59.44	9:54	01:01:36.16
411	262/335	36/45	203	Jed Golden	M	59	Floral Park	NY	413	9:54	00:30:46.00	410	9:56	00:30:52.85	9:55	01:01:38.85
412	150/263	2/8	72	Alaine Caccavallo	F	33	Floral Park	NY	391	9:44	00:30:16.10	426	10:07	00:31:27.56	9:56	01:01:43.66
413	263/335	37/45	325	Charles Mandelbaum	M	58	Great Neck	NY	411	9:53	00:30:44.65	417	9:59	00:31:02.25	9:56	01:01:46.91
414	151/263	20/33	14	Patti Adelman	F	45	East Meadow	NY	427	10:04	00:31:19.50	408	9:50	00:30:33.90	9:57	01:01:53.41
415	152/263	21/33	159	Nancy Eisenhuth	F	45	Bellerose Village	NY	398	9:46	00:30:23.24	429	10:09	00:31:33.65	9:58	01:01:56.89
416	153/263	23/30	342	Doreen Mcdougall	F	51	Lake Ronkonkoma	NY	379	9:38	00:29:58.75	443	10:19	00:32:05.66	9:59	01:02:04.41
417	154/263	6/9	35	Diana Bass	F	46	Plainview	NY	404	9:51	00:30:36.50	428	10:09	00:31:33.21	10:00	01:02:09.72
418	155/263	3/6	55	Hilory Boucher-Carlin	F	69	Northport	NY	407	9:52	00:30:40.15	431	10:10	00:31:37.25	10:01	01:02:17.41
419	156/263	23/47	286	Christina Labbate-Mandra	F	41	Bethpage	NY	445	10:22	00:32:13.92	402	9:41	00:30:07.24	10:02	01:02:21.16
420	264/335	27/33	326	Jason Mandra	M	42	Bethpage	NY	444	10:22	00:32:13.50	403	9:41	00:30:07.95	10:02	01:02:21.45
421	265/335	20/22	60	Russell Breiter	M	54	Plainview	NY	458	10:27	00:32:30.60	394	9:36	00:29:51.70	10:02	01:02:22.30
422	157/263	16/26	523	Shannon Viggiano	F	38	Floral Park	NY	412	9:53	00:30:44.80	434	10:12	00:31:41.74	10:02	01:02:26.54
423	158/263	3/7	680	Marisa Murphy	F	23	Wantagh	NY	431	10:08	00:31:30.72	415	9:58	00:31:00.68	10:03	01:02:31.41
424	159/263	14/19	374	Lauren Murphy	F	26	Wantagh	NY	430	10:08	00:31:30.72	416	9:59	00:31:01.13	10:03	01:02:31.85
425	160/263	17/26	70	Samantha Bursztyn	F	36	Woodbury	NY	439	10:17	00:31:59.86	407	9:49	00:30:32.54	10:03	01:02:32.41
426	266/335	38/45	198	Lawrence Giordano	M	58	Massapequa	NY	422	10:02	00:31:11.18	425	10:06	00:31:24.32	10:04	01:02:35.51
427	161/263	19/29	434	Donna Rosen	F	58	Jericho	NY	410	9:53	00:30:43.40	440	10:15	00:31:53.53	10:04	01:02:36.94
428	162/263	24/47	454	Kimberly Schechter	F	43	Plainview	NY	405	9:51	00:30:36.71	447	10:21	00:32:11.70	10:06	01:02:48.41
429	163/263	25/47	237	Ellen Hoffman	F	44	Bellport	NY	420	9:59	00:31:01.41	438	10:14	00:31:49.00	10:06	01:02:50.41
430	164/263	13/19	450	Jessica Santaniello	F	30	Oceanside	NY	394	9:45	00:30:18.50	468	10:33	00:32:48.41	10:09	01:03:06.91
431	165/263	9/14	38	Jackie Beattie	F	60	Hampton Bays	NY	432	10:09	00:31:34.20	430	10:09	00:31:34.41	10:09	01:03:08.62
432	267/335	28/33	282	Micah Korn	M	44	South Huntington	NY	426	10:04	00:31:19.34	439	10:14	00:31:49.28	10:09	01:03:08.62

# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
433	268/335	12/12	415	Steven Purvin	M	25	East Meadow	NY	402	9:50	00:30:33.86	463	10:31	00:32:41.55	10:10	01:03:15.41
434	166/263	26/47	361	Denise Moerler	F	44	Painview	NY	443	10:21	00:32:12.50	419	10:01	00:31:07.90	10:11	01:03:20.40
435	269/335	18/24	371	Dermot Murphy	M	57	Massapequa	NY	425	10:03	00:31:15.67	448	10:23	00:32:15.90	10:13	01:03:31.57
436	167/263	18/26	103	Kate Conlon	F	39	Holbrook	NY	436	10:14	00:31:50.49	435	10:12	00:31:42.10	10:13	01:03:32.60
437	270/335	31/36	90	David Chan	M	54	Holbrook	NY	449	10:24	00:32:20.85	422	10:02	00:31:12.06	10:13	01:03:32.91
438	271/335	32/36	285	Larry Kurtzman	M	52	Plainview	NY	419	9:57	00:30:57.20	462	10:31	00:32:41.46	10:14	01:03:38.66
439	168/263	22/33	532	Susan Warsaw	F	48	Coram	NY	448	10:24	00:32:20.44	423	10:04	00:31:19.10	10:14	01:03:39.55
440	169/263	27/47	75	Melissa Callis	F	40	Sayville	NY	465	10:31	00:32:41.63	414	9:58	00:31:00.49	10:15	01:03:42.13
441	170/263	28/47	20	Melissa Altschuler	F	42	Freeport	NY	441	10:18	00:32:02.25	436	10:12	00:31:42.66	10:15	01:03:44.91
442	171/263	15/19	101	Alexis Colapinto	F	27	Huntington	NY	460	10:29	00:32:37.13	420	10:01	00:31:08.53	10:15	01:03:45.66
443	172/263	16/19	256	Robyn Jaffe	F	28	New York	NY	461	10:29	00:32:37.13	421	10:01	00:31:08.66	10:15	01:03:45.79
444	272/335	2/5	311	Octavio Lopez	M	75	Brooklyn	NY	423	10:02	00:31:11.38	464	10:32	00:32:44.75	10:17	01:03:56.13
445	273/335	29/33	595	Todd Weinstein	M	42	East Meadow	NY	446	10:23	00:32:17.18	437	10:13	00:31:45.26	10:18	01:04:02.44
446	274/335	10/14	578	David Balsley	M	67	Bayville	NY							10:18	01:04:04.69
447	173/263	29/47	558	Melissa Horowitz	F	41	Plainview	NY	457	10:27	00:32:29.75	432	10:11	00:31:39.39	10:19	01:04:09.14
448	174/263	1/2	98	Helma Clavin	F	71	Lake Ronkonkoma	NY	437	10:15	00:31:51.91	450	10:24	00:32:19.75	10:19	01:04:11.66
449	275/335	19/24	16	Brian Albert	M	49	Massapequa	NY	442	10:19	00:32:03.50	449	10:23	00:32:17.91	10:21	01:04:21.41
450	276/335	11/14	630	Christopher Miceli	M	69	Williston Park	NY	429	10:06	00:31:23.50	472	10:40	00:33:10.40	10:23	01:04:33.90
451	175/263	4/7	158	Elizabeth Eilers	F	21	Mastic	NY	456	10:27	00:32:28.50	445	10:20	00:32:06.61	10:23	01:04:35.12
452	176/263	19/26	266	Amy Katz	F	37	Plainview	NY	459	10:28	00:32:31.50	444	10:19	00:32:06.26	10:24	01:04:37.76
453	177/263	4/6	176	Anne Fitzgibbon	F	66	Glen Cove	NY	450	10:25	00:32:22.67	451	10:24	00:32:20.74	10:24	01:04:43.41
454	178/263	20/29	304	Nancy Lester	F	58	Long Neach	NY	463	10:31	00:32:41.44	442	10:18	00:32:02.44	10:25	01:04:43.88
455	277/335	3/5	353	Jose Mendez	M	76	Brentwood	NY	434	10:11	00:31:39.73	473	10:41	00:33:12.87	10:26	01:04:52.60
456	278/335	33/34	126	Loren Debel	M	35	Melville	NY	447	10:24	00:32:19.62	460	10:29	00:32:34.55	10:26	01:04:54.18
457	279/335	39/45	442	Gerard Ruiz	M	55	Hicksville	NY	435	10:14	00:31:49.48	470	10:39	00:33:07.18	10:27	01:04:56.66
458	280/335	25/29	106	Vincent Corrado	M	48	Massapequa	NY	453	10:26	00:32:25.94	457	10:27	00:32:30.91	10:27	01:04:56.86
459	179/263	24/30	553	Maria Fucella	F	54	Levittown	NY	452	10:25	00:32:24.10	461	10:30	00:32:37.50	10:27	01:05:01.60
460	180/263	30/47	59	Meredith Brake	F	44	Plainview	NY	468	10:32	00:32:45.92	453	10:25	00:32:22.56	10:28	01:05:08.48
461	181/263	31/47	330	Debbie Manzo	F	44	Plainview	NY	470	10:32	00:32:46.12	452	10:25	00:32:22.54	10:29	01:05:08.66
462	281/335	30/33	331	Michael Manzo	M	43	Plainview	NY	469	10:32	00:32:45.93	454	10:25	00:32:22.74	10:29	01:05:08.67
463	182/263	14/19	483	Katie Speiss	F	33	Islip Terrace	NY	480	10:40	00:33:11.17	441	10:17	00:31:59.32	10:29	01:05:10.49
464	183/263	7/9	134	Sheetal Deo	F	34	Bayside	NY	462	10:30	00:32:38.35	458	10:28	00:32:32.56	10:29	01:05:10.91
465	282/335	12/14	109	Howard Cragg	M	67	Bethpage	NY	438	10:16	00:31:54.75	479	10:42	00:33:17.38	10:29	01:05:12.13
466	283/335	13/14	354	Alan Mensch	M	68	Melville	NY	478	10:40	00:33:09.95	446	10:20	00:32:08.66	10:30	01:05:18.61
467	284/335	40/45	427	Richard Rise	M	58	Glen Cove	NY	525	11:20	00:35:15.84	399	9:40	00:30:03.78	10:30	01:05:19.63
468	184/263	25/30	459	Diane Schocken	F	52	Massapequa Park	NY	472	10:34	00:32:51.80	456	10:27	00:32:30.87	10:31	01:05:22.67

# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
469	185/263	32/47	506	Rose Tsoupros	F	44	Floral Park	NY	474	10:35	00:32:54.74	466	10:33	00:32:47.84	10:34	01:05:42.58
470	285/335	4/5	240	John Horan	M	75	Freeport	NY	440	10:18	00:32:00.60	487	10:51	00:33:43.00	10:34	01:05:43.60
471	186/263	21/29	449	Carol Sandquist	F	57	Garden City	NY	479	10:40	00:33:10.75	467	10:33	00:32:47.86	10:37	01:05:58.62
472	286/335	41/45	464	Thomas Scollo	M	57	North Massapequa	NY	454	10:26	00:32:26.97	485	10:47	00:33:32.19	10:37	01:05:59.17
473	287/335	33/36	79	Richard Carlson	M	51	Merrick	NY	485	10:44	00:33:22.97	465	10:32	00:32:45.19	10:38	01:06:08.16
474	288/335	21/22	152	Timothy Droge	M	60	North Merrick	NY	466	10:31	00:32:43.50	480	10:45	00:33:25.69	10:38	01:06:09.19
475	187/263	15/19	260	Stefanie Johnson	F	30	Valley Stream	NY	451	10:25	00:32:23.71	490	10:54	00:33:53.60	10:40	01:06:17.32
476	188/263	20/26	319	Michele Macedonio	F	39	Plainview	NY	473	10:34	00:32:51.81	481	10:45	00:33:26.85	10:40	01:06:18.67
477	289/335	10/15	537	Diarmuid White	M	72	Douglaston	NY	471	10:34	00:32:51.20	484	10:47	00:33:31.96	10:40	01:06:23.17
478	189/263	23/33	389	Illysa Ortsman	F	46	Plainview	NY	486	10:44	00:33:23.50	469	10:38	00:33:04.33	10:41	01:06:27.84
479	190/263	21/26	428	Erika Rivera	F	35	Flushing	NY	467	10:32	00:32:45.30	488	10:51	00:33:43.66	10:41	01:06:28.97
480	191/263	24/33	137	Sara Diamond	F	45	East Meadow	NY	492	10:56	00:33:59.63	459	10:29	00:32:34.53	10:42	01:06:34.17
481	192/263	26/30	592	Valerie Margolin	F	54	Woodbury	NY	499	10:59	00:34:09.81	455	10:26	00:32:26.44	10:43	01:06:36.25
482	193/263	25/33	88	Marie Certa	F	49	Franklin Square	NY	481	10:41	00:33:13.75	482	10:46	00:33:28.60	10:44	01:06:42.35
483	194/263	22/29	89	Judi Cestaro	F	58	Bayport	NY	488	10:48	00:33:33.75	478	10:42	00:33:15.90	10:45	01:06:49.66
484	290/335	42/45	418	Mike Randone	M	56	S. Huntington	NY	476	10:39	00:33:06.77	496	10:58	00:34:06.04	10:48	01:07:12.81
485	195/263	26/33	410	Lori Polansky	F	46	East Meadow	NY	494	10:57	00:34:01.50	474	10:41	00:33:14.67	10:49	01:07:16.17
486	291/335	34/36	675	Jeffrey Rosenking	M	53	Westbury	NY	493	10:57	00:34:01.47	476	10:42	00:33:15.21	10:49	01:07:16.69
487	292/335	20/24	290	Mike Laforgia	M	49	Smithtown	NY	495	10:57	00:34:01.67	477	10:42	00:33:15.42	10:49	01:07:17.10
488	196/263	22/26	476	Jessica Sliwak	F	38	Babylon	NY	464	10:31	00:32:41.44	506	11:11	00:34:45.98	10:51	01:07:27.42
489	197/263	33/47	41	Lynn Bekerman	F	44	Syosset	NY	503	11:03	00:34:21.20	471	10:40	00:33:09.30	10:51	01:07:30.51
490	293/335	43/45	207	Chris Gommlich	M	56	East Northport	NY	475	10:39	00:33:06.60	501	11:07	00:34:33.93	10:53	01:07:40.53
491	294/335	35/36	24	Joey Arken	M	53	Albertson	NY	408	9:52	00:30:40.50	533	11:56	00:37:05.04	10:54	01:07:45.54
492	198/263	34/47	87	Cathy Casey	F	44	Mt. Sinai	NY	487	10:45	00:33:26.76	498	11:03	00:34:20.40	10:54	01:07:47.16
493	295/335	36/36	469	Robert Shaller	M	53	Douglaston	NY	482	10:42	00:33:15.75	503	11:08	00:34:36.67	10:55	01:07:52.42
494	296/335	44/45	591	Lance Margolin	M	56	Woodbury	NY	502	11:02	00:34:19.70	486	10:49	00:33:38.86	10:56	01:07:58.56
495	199/263	8/9	200	Jeannie Glienna	F	30	Flushing	NY	505	11:06	00:34:30.80	483	10:47	00:33:31.12	10:56	01:08:01.92
496	200/263	35/47	250	Andrea Inganamorte	F	42	West Islip	NY	484	10:44	00:33:22.76	505	11:11	00:34:45.91	10:57	01:08:08.67
497	201/263	27/30	276	Nancy Killian	F	51	College Point	NY	498	10:58	00:34:06.96	495	10:58	00:34:05.96	10:58	01:08:12.92
498	297/335	26/29	420	Tomas Ratas	M	45	Plainview	NY	515	11:17	00:35:04.76	475	10:42	00:33:14.94	10:59	01:08:19.70
499	202/263	10/14	73	Giovanna Caggiano	F	60	Glen Cove	NY	489	10:50	00:33:40.70	507	11:12	00:34:48.94	11:01	01:08:29.64
500	203/263	36/47	470	Karen Shalvey	F	42	Floral Park	NY	504	11:06	00:34:30.19	497	11:02	00:34:17.23	11:04	01:08:47.42
501	204/263	27/33	406	Irene Petrusic	F	45	Old Bethpage	NY	513	11:15	00:34:57.87	491	10:55	00:33:55.30	11:05	01:08:53.18
502	298/335	14/14	411	Steven Polansky	M	68	Carmichael	CA	512	11:15	00:34:57.67	492	10:55	00:33:55.51	11:05	01:08:53.18
503	205/263	28/33	247	Shanthy Hughes	F	47	Floral Park	NY	491	10:56	00:33:59.23	509	11:15	00:34:57.94	11:05	01:08:57.17
504	206/263	29/33	19	Mary Alexander-Maino	F	49	Old Bethpage	NY	490	10:56	00:33:58.82	510	11:15	00:34:58.69	11:05	01:08:57.51

# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
505	207/263	17/19	123	Kathy Daniels	F	28	Lindenhurst	NY	519	11:17	00:35:06.45	493	10:56	00:33:58.71	11:07	01:09:05.16
506	299/335	31/33	521	Anthony Venticinque	M	40	Lindenhurst	NY	518	11:17	00:35:06.24	494	10:56	00:33:59.12	11:07	01:09:05.37
507	208/263	16/19	661	Jenny Turzer	F	34	Farmingdale	NY	477	10:40	00:33:09.13	521	11:34	00:35:58.48	11:07	01:09:07.61
508	209/263	3/8	681	Jeanne Lambert	F	38	Hicksville	NY	500	11:01	00:34:15.72	508	11:14	00:34:54.12	11:07	01:09:09.85
509	300/335	11/15	28	Richard Astarita	M	71	Babylon	NY	507	11:11	00:34:46.87	499	11:04	00:34:24.39	11:08	01:09:11.27
510	210/263	37/47	130	Alicia Delano	F	40	Medford	NY	527	11:24	00:35:25.24	489	10:54	00:33:52.18	11:09	01:09:17.42
511	301/335	24/29	404	Domingo Perez	M	63	Corona	NY	497	10:58	00:34:05.25	513	11:21	00:35:16.18	11:09	01:09:21.44
512	302/335	1/4	365	Carlos Morales	M	80	Corona	NY	496	10:57	00:34:03.75	514	11:21	00:35:17.89	11:09	01:09:21.65
513	211/263	9/9	462	Jacqueline Schwartz	F	22	Glen Head	NY	501	11:01	00:34:16.12	512	11:19	00:35:11.06	11:10	01:09:27.18
514	303/335	21/24	212	John Green	M	58	Port Jefferson	NY	509	11:13	00:34:53.60	500	11:07	00:34:33.83	11:10	01:09:27.44
515	304/335	27/29	569	Andrew Warsaw	M	47	Coram	NY	508	11:13	00:34:52.17	502	11:08	00:34:35.81	11:10	01:09:27.98
516	212/263	23/26	294	Kelly Larkin	F	36	Bayside	NY	428	10:05	00:31:22.79	553	12:22	00:38:28.01	11:14	01:09:50.81
517	213/263	11/14	149	Fran Dowling	F	61	Baldwin	NY	517	11:17	00:35:06.24	504	11:11	00:34:45.17	11:14	01:09:51.42
518	214/263	5/7	297	Eloisa Leal	F	21	Brentwood	NY	514	11:15	00:35:00.12	516	11:22	00:35:21.42	11:19	01:10:21.55
519	305/335	22/22	407	Edward Petry	M	62	Port Jefferson Station	NY	511	11:14	00:34:56.76	518	11:32	00:35:50.10	11:23	01:10:46.86
520	215/263	4/8	514	Petra Valentin	F	49	Queens Village	NY	528	11:25	00:35:30.17	517	11:27	00:35:35.26	11:26	01:11:05.43
521	216/263	38/47	146	Donna Domingo	F	41	Farmingdale	NY	531	11:36	00:36:03.99	511	11:17	00:35:05.19	11:27	01:11:09.18
522	217/263	1/1	603	Belle Bastaniac	F	14	Patchogue	NY	521	11:18	00:35:08.89	522	11:39	00:36:12.29	11:28	01:11:21.18
523	218/263	30/33	419	Jennifer Ratas	F	45	Plainview	NY	516	11:17	00:35:05.23	527	11:53	00:36:58.19	11:35	01:12:03.42
524	219/263	39/47	344	Samantha Mcglynn	F	44	Farmingdale	NY	538	11:50	00:36:46.51	515	11:21	00:35:18.82	11:36	01:12:05.34
525	220/263	23/29	587	Jo Ellen Elsener	F	57	Deer Park	NY	510	11:14	00:34:54.61	538	12:01	00:37:20.99	11:37	01:12:15.61
526	221/263	24/29	204	Amy Goldstein	F	55	Farmingdale	NY	520	11:18	00:35:08.26	542	12:06	00:37:38.55	11:42	01:12:46.81
527	222/263	12/14	238	Rochelle Holden	F	61	Westbury	NY	524	11:20	00:35:12.99	541	12:06	00:37:35.91	11:43	01:12:48.91
528	223/263	1/2	570	Patricia Delaney	F	76	Bayshore	NY	529	11:28	00:35:39.26	534	11:57	00:37:09.88	11:43	01:12:49.14
529	224/263	17/19	195	Giselle Gerardi	F	32	Commack	NY	544	12:00	00:37:17.49	520	11:33	00:35:54.77	11:46	01:13:12.27
530	225/263	18/19	197	Lisa Gillard	F	34	Islandia	NY	545	12:00	00:37:17.71	519	11:33	00:35:54.72	11:46	01:13:12.43
531	226/263	19/19	480	Laura Softy	F	30	Bethpage	NY	536	11:48	00:36:40.21	525	11:49	00:36:45.44	11:48	01:13:25.65
532	306/335	22/24	479	Doug Softy	M	59	Bethpage	NY	532	11:38	00:36:09.69	535	11:59	00:37:15.97	11:48	01:13:25.66
533	307/335	25/29	457	Allan Schneider	M	62	Great Neck	NY	533	11:46	00:36:36.38	531	11:55	00:37:03.09	11:51	01:13:39.48
534	308/335	4/7	458	Jamie Schneider	M	24	Great Neck	NY	534	11:47	00:36:36.76	532	11:55	00:37:03.92	11:51	01:13:40.68
535	309/335	26/29	609	Mark Gallop	M	64	W Islip	NY	526	11:21	00:35:17.67	551	12:21	00:38:23.21	11:51	01:13:40.88
536	310/335	5/7	622	Michael Zweroff	M	24	Manorville	NY	523	11:19	00:35:10.33	554	12:23	00:38:30.55	11:51	01:13:40.89
537	227/263	13/14	608	Judi Gallop	F	63	W Islip	NY	522	11:18	00:35:09.51	556	12:24	00:38:31.92	11:51	01:13:41.43
538	311/335	2/4	168	Geza Feld	M	81	Farmingdale	NY	506	11:09	00:34:38.73	559	12:34	00:39:05.20	11:51	01:13:43.93
539	228/263	40/47	424	Kelly Rhatigan	F	41	Merrick	NY	540	11:52	00:36:53.73	526	11:53	00:36:55.46	11:52	01:13:49.19
540	229/263	31/33	484	Lilly Spiegel	F	48	East Meadow	NY	546	12:00	00:37:17.90	523	11:47	00:36:38.04	11:53	01:13:55.94

# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
541	312/335	27/29	333	Tony Marcus	M	63	Holbrook	NY	543	11:59	00:37:16.88	524	11:48	00:36:40.47	11:54	01:13:57.35
542	230/263	18/19	179	Kaitlyn Flynn	F	25	Mineola	NY	530	11:35	00:35:59.49	546	12:14	00:38:01.12	11:54	01:14:00.62
543	231/263	19/19	140	Andrea Digiulio	F	28	Centereach	NY	535	11:48	00:36:39.76	540	12:04	00:37:32.04	11:56	01:14:11.81
544	313/335	2/2	139	Nick Digaetano	M	14	Lindenhurst	NY	541	11:52	00:36:54.69	536	12:00	00:37:19.76	11:56	01:14:14.45
545	314/335	32/33	138	Joe Digaetano	M	43	Lindenhurst	NY	542	11:52	00:36:54.89	537	12:01	00:37:20.68	11:57	01:14:15.58
546	232/263	41/47	298	Norma Leal	F	40	Brentwood	NY	547	12:03	00:37:26.42	539	12:03	00:37:27.83	12:03	01:14:54.25
547	315/335	12/15	119	Jacob Cysner	M	72	Forest Hills	NY	537	11:49	00:36:44.26	555	12:23	00:38:31.03	12:06	01:15:15.30
548	316/335	28/29	605	Eric Bruno	M	45	Shirley	NY	555	12:20	00:38:19.60	529	11:55	00:37:01.79	12:07	01:15:21.39
549	233/263	42/47	666	Angela Wakefield Kutselle	F	41	Saint James	NY	556	12:20	00:38:19.78	530	11:55	00:37:02.63	12:07	01:15:22.41
550	234/263	5/8	193	Lesley Gendelman	F	33	Tenafly	NJ	539	11:51	00:36:51.25	557	12:27	00:38:42.69	12:09	01:15:33.94
551	235/263	6/8	39	Gigi Becker	F	41	Huntington Station	NY	550	12:06	00:37:38.51	544	12:13	00:37:57.68	12:09	01:15:36.19
552	236/263	28/30	10	Michelle Ackerman	F	51	Farmingdale	NY	551	12:11	00:37:53.50	543	12:09	00:37:45.03	12:10	01:15:38.53
553	317/335	29/29	144	Brian Dobkin	M	49	New Hyde Park	NY	549	12:05	00:37:34.19	548	12:18	00:38:13.18	12:11	01:15:47.37
554	318/335	23/24	310	William Lofmark	M	56	Lake Ronkonkoma	NY	548	12:05	00:37:32.76	549	12:18	00:38:14.68	12:11	01:15:47.44
555	237/263	29/30	338	Geraldine Maudsley	F	54	Franklin Square	NY	553	12:13	00:38:00.36	545	12:13	00:37:58.58	12:13	01:15:58.94
556	238/263	43/47	507	Danielle Tucci	F	41	Plainview	NY	554	12:14	00:38:01.25	552	12:22	00:38:27.98	12:18	01:16:29.23
557	239/263	24/26	222	Shakiya Hampton	F	36	Elmont	NY	561	12:44	00:39:36.74	528	11:54	00:36:58.70	12:19	01:16:35.44
558	240/263	25/29	431	Daisy Rodriguez	F	56	Valley Stream	NY	557	12:24	00:38:32.82	547	12:15	00:38:03.74	12:19	01:16:36.56
559	241/263	32/33	443	Lori Rung	F	47	Oceanside	NY	552	12:13	00:37:59.43	558	12:30	00:38:50.92	12:21	01:16:50.35
560	319/335	13/15	349	Myron Medine	M	72	Rego Park	NY	558	12:25	00:38:37.71	565	12:53	00:40:04.10	12:39	01:18:41.82
561	320/335	3/4	136	George Devoe	M	82	Hauppauge	NY	560	12:37	00:39:14.19	562	12:42	00:39:29.51	12:40	01:18:43.70
562	321/335	45/45	585	Steven Millon	M	55	East Meadow	NY	559	12:35	00:39:06.10	564	12:50	00:39:53.28	12:42	01:18:59.38
563	322/335	28/29	516	Warren Vandewater	M	60	North Bellmore	NY	567	13:08	00:40:49.77	550	12:19	00:38:18.12	12:44	01:19:07.89
564	242/263	26/29	202	Laurie Gold	F	57	College Point	NY	563	12:51	00:39:57.27	560	12:41	00:39:25.65	12:46	01:19:22.92
565	323/335	14/15	164	Doug Escher	M	70	Garden City	NY	562	12:51	00:39:56.88	561	12:41	00:39:26.06	12:46	01:19:22.95
566	324/335	15/15	254	James Israel	M	70	Brooklyn	NY	566	13:01	00:40:28.67	563	12:44	00:39:34.72	12:52	01:20:03.39
567	243/263	27/29	656	Mary Ostop	F	57	Long Beach	NY	564	13:00	00:40:24.38	567	13:09	00:40:52.54	13:04	01:21:16.92
568	244/263	44/47	26	Monifa Ash	F	41	Shirley	NY	568	13:13	00:41:04.28	566	12:58	00:40:17.42	13:05	01:21:21.70
569	245/263	7/8	233	Paula Heuschneider	F	48	Bethpage	NY	565	13:00	00:40:24.77	571	13:34	00:42:10.52	13:17	01:22:35.29
570	246/263	2/2	217	Ginny Guichard	F	77	Melville	NY							13:19	01:22:46.66
571	247/263	28/29	162	Trish Engels	F	55	New Rochelle	NY	569	13:14	00:41:07.77	570	13:29	00:41:54.92	13:21	01:23:02.69
572	248/263	5/6	563	Francine Lischner-Call	F	65	Old Bethpage	NY	570	13:16	00:41:14.73	569	13:29	00:41:53.98	13:22	01:23:08.71
573	325/335	24/24	145	Gordon Dollack	M	62	N Babylon	NY	572	13:31	00:42:00.10	568	13:23	00:41:36.60	13:27	01:23:36.71
574	249/263	2/2	559	Joan Ackerman	F	74	Farmingdale	NY	571	13:22	00:41:32.21	572	13:41	00:42:32.99	13:31	01:24:05.21
575	326/335	1/1	255	Bert Jablon	M	88	Syosset	NY	577	14:02	00:43:36.28	573	13:58	00:43:26.18	14:00	01:27:02.47
576	327/335	34/34	673	Stephen Sprague	M	37	Oceanside	NY	576	13:39	00:42:26.34	574	14:23	00:44:42.29	14:01	01:27:08.63



# Aspire 10K Run

March 28, 2015

## Overall Results

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	First 5K			Last 5K			Total	
									Place	Pace	Time	Place	Pace	Time	Pace	Time
577	328/335	33/33	607	John Ferro	M	42	Shirley	NY	573	13:36	00:42:17.39	577	14:47	00:45:58.05	14:12	01:28:15.44
578	250/263	25/26	363	Heather Mondelli	F	39	Wantagh	NY	578	14:05	00:43:47.32	578	14:50	00:46:06.90	14:28	01:29:54.22
579	251/263	14/14	610	Janet Gogel	F	61	Manorville	NY	580	14:30	00:45:04.75	576	14:41	00:45:38.22	14:35	01:30:42.97
580	252/263	26/26	448	Lina Sabino Romano	F	35	Bethpage	NY	575	13:39	00:42:24.71	585	15:39	00:48:38.26	14:39	01:31:02.98
581	329/335	15/15	643	Matthew Romano	M	33	Bethpage	NY	574	13:38	00:42:23.70	586	15:39	00:48:39.49	14:39	01:31:03.19
582	253/263	6/6	214	Paula Groothuis	F	65	Albertson	NY	579	14:26	00:44:51.61	584	15:01	00:46:42.05	14:44	01:31:33.67
583	330/335	5/5	232	Norman Hershkowitz	M	76	North Massapequa	NY	583	15:01	00:46:41.92	575	14:36	00:45:22.81	14:49	01:32:04.73
584	254/263	6/7	613	Sarah Hausen	F	21	Wading River	NY	592	15:15	00:47:25.26	579	14:51	00:46:08.55	15:03	01:33:33.81
585	331/335	6/7	611	Eric Gunderson	M	23	Medford	NY	591	15:15	00:47:24.22	580	14:51	00:46:09.78	15:03	01:33:34.00
586	255/263	29/29	647	Suzy Donohue	F	57	Plainview	NY	590	15:13	00:47:18.77	581	14:53	00:46:15.44	15:03	01:33:34.21
587	332/335	6/6	615	Shane Kennedy	M	16	West Babylon	NY	589	15:13	00:47:17.68	582	14:53	00:46:17.06	15:03	01:33:34.74
588	256/263	33/33	614	Colleen Kennedy	F	46	West Babylon	NY	588	15:13	00:47:17.48	583	14:53	00:46:17.50	15:03	01:33:34.98
589	257/263	45/47	92	Simone Chase	F	44	Hicksville	NY	582	14:30	00:45:05.53	587	15:54	00:49:25.35	15:12	01:34:30.88
590	258/263	46/47	252	Donna Iovino	F	43	Plainview	NY	581	14:30	00:45:05.37	588	15:54	00:49:25.61	15:12	01:34:30.98
591	333/335	4/4	335	Frank Martin	M	80	Bay Shore	NY	585	15:07	00:46:59.43	589	16:00	00:49:44.97	15:34	01:36:44.40
592	259/263	1/1	171	Alexandra Finger	F	80	Pearl River	NY	584	15:07	00:46:59.41	590	16:01	00:49:48.83	15:34	01:36:48.24
593	260/263	47/47	426	Lorraine Richardson Mccray	F	43	East Patchogue	NY	586	15:08	00:47:02.77	591	16:03	00:49:53.40	15:35	01:36:56.17
594	261/263	8/8	364	Susan Monetti	F	55	Lindenhurst	NY	595	16:07	00:50:05.29	592	16:25	00:51:03.10	16:16	01:41:08.40
595	262/263	7/7	621	Tara Sanders	F	21	Wading River	NY	594	16:06	00:50:01.68	593	17:26	00:54:11.42	16:46	01:44:13.10
596	334/335	7/7	620	Michael Sanders	M	21	Wading River	NY							16:47	01:44:18.71
597	263/263	30/30	617	Dierdre Mcelhatton	F	53	Dix Hills	NY	593	16:06	00:50:01.46	594	17:30	00:54:23.53	16:48	01:44:24.99
598	335/335	29/29	654	Steve Cuomo	M	63	Shirley	NY							16:49	01:44:32.70