

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Lap legend: (time, pace & place)

Overall Results - Female

March 1, 2015

Place	overall Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
1	8/73	1/8	1302	Sarah Bard	Female	30	Somerville	MA	10	00:20:20.86	03:23:28.61		
	Lap 1 to 4	00:19:49.75	6:22	12	00:19:54.20	6:24	12	00:19:51.36	6:23	13	00:20:08.30	6:28	13
	Lap 5 to 8	00:20:04.07	6:27	12	00:20:27.78	6:35	13	00:20:39.71	6:39	11	00:20:57.65	6:44	12
	Lap 9 & 10	00:20:56.83	6:44	7	00:20:38.93	6:38	5						
2	14/73	2/8	1301	Emily Harrison	Female	29	Flagstaff	AZ	10	00:21:18.12	03:33:01.20		
	Lap 1 to 4	00:20:09.50	6:29	14	00:19:54.41	6:24	13	00:19:49.68	6:22	12	00:19:47.54	6:22	11
	Lap 5 to 8	00:20:09.22	6:29	14	00:20:13.62	6:30	12	00:20:48.59	6:41	14	00:22:12.91	7:09	16
	Lap 9 & 10	00:23:50.89	7:40	19	00:26:04.81	8:23	28						
3	24/73	3/8	1394	Keila Merino	Female	33	New York	NY	10	00:23:41.72	03:56:57.25		
	Lap 1 to 4	00:22:27.16	7:13	29	00:22:16.40	7:10	28	00:22:24.81	7:12	28	00:22:32.33	7:15	27
	Lap 5 to 8	00:22:53.99	7:22	27	00:23:13.59	7:28	26	00:23:25.04	7:32	23	00:24:31.30	7:53	24
	Lap 9 & 10	00:27:20.81	8:48	29	00:25:51.80	8:19	27						
4	25/73	4/8	1341	Lauren Dorsky	Female	19	Huntington	NY	10	00:23:51.32	03:58:33.26		
	Lap 1 to 4	00:23:24.12	7:31	32	00:23:51.64	7:40	35	00:23:57.65	7:42	33	00:23:46.08	7:38	31
	Lap 5 to 8	00:24:18.49	7:49	32	00:24:03.97	7:44	28	00:24:15.36	7:48	25	00:24:18.31	7:49	22
	Lap 9 & 10	00:23:40.33	7:37	18	00:22:57.29	7:23	12						
5	27/73	1/2	1411	Tina-Marie Poulin	Female	42	South Portland	ME	10	00:24:23.42	04:03:54.27		
	Lap 1 to 4	00:23:29.81	7:33	33	00:23:48.00	7:39	33	00:23:55.39	7:41	32	00:23:45.72	7:38	30
	Lap 5 to 8	00:24:17.72	7:49	31	00:24:21.52	7:50	29	00:24:34.55	7:54	28	00:24:53.14	8:00	25
	Lap 9 & 10	00:25:16.33	8:08	24	00:25:32.06	8:13	24						
6	31/73	1/4	1377	Yvonne Leippert	Female	47	Coram	NY	10	00:26:27.65	04:24:36.57		
	Lap 1 to 4	00:25:50.24	8:18	39	00:25:00.54	8:02	39	00:25:07.96	8:05	40	00:25:00.99	8:03	38
	Lap 5 to 8	00:26:17.11	8:27	41	00:25:41.62	8:16	35	00:26:50.39	8:38	32	00:27:27.23	8:50	31
	Lap 9 & 10	00:28:35.79	9:12	31	00:28:44.68	9:15	33						
7	32/73	5/8	1395	Jade Mills	Female	35	Chittenango	NY	10	00:26:28.38	04:24:43.82		
	Lap 1 to 4	00:27:15.51	8:46	52	00:26:20.67	8:28	47	00:26:58.71	8:40	49	00:26:39.41	8:34	45
	Lap 5 to 8	00:25:55.21	8:20	40	00:26:00.30	8:22	37	00:28:24.56	9:08	41	00:26:21.31	8:28	30
	Lap 9 & 10	00:26:04.77	8:23	27	00:24:43.35	7:57	19						
8	41/73	2/2	1371	Jodi Kartes Heino	Female	44	East Quogue	NY	10	00:28:20.69	04:43:26.91		
	Lap 1 to 4	00:25:52.47	8:19	40	00:26:14.23	8:26	46	00:26:46.40	8:37	47	00:27:32.35	8:51	48
	Lap 5 to 8	00:28:19.51	9:06	49	00:28:11.92	9:04	43	00:27:46.26	8:56	36	00:29:35.57	9:31	43
	Lap 9 & 10	00:31:12.46	10:02	39	00:31:55.72	10:16	40						
9	42/73	1/1	1428	Kim Solomine	Female	57	Syosset	NY	10	00:28:27.25	04:44:32.54		
	Lap 1 to 4	00:27:30.14	8:51	55	00:27:22.44	8:48	53	00:28:41.82	9:14	56	00:27:42.82	8:55	49
	Lap 5 to 8	00:28:06.14	9:02	48	00:28:20.23	9:07	44	00:28:36.81	9:12	42	00:29:08.82	9:22	40
	Lap 9 & 10	00:29:25.02	9:28	35	00:29:38.29	9:32	35						
10	50/73	1/2	1433	Dale Tiska	Female	51	Raleigh	NC	10	00:31:19.41	05:13:14.11		
	Lap 1 to 4	00:29:13.56	9:24	62	00:29:21.17	9:26	60	00:29:37.15	9:31	58	00:29:53.85	9:37	60
	Lap 5 to 8	00:30:16.42	9:44	55	00:30:41.46	9:52	51	00:32:09.57	10:21	51	00:32:21.73	10:24	46
	Lap 9 & 10	00:34:01.40	10:57	45	00:35:37.77	11:28	52						
11	54/73	6/8	1360	Mary Harvey	Female	33	Brooklyn	NY	10	00:33:13.12	05:32:11.23		
	Lap 1 to 4	00:28:56.13	9:18	61	00:29:48.35	9:35	62	00:32:04.13	10:19	65	00:30:29.05	9:48	62
	Lap 5 to 8	00:31:35.28	10:10	60	00:34:18.93	11:02	56	00:36:48.46	11:50	60	00:35:14.38	11:20	55
	Lap 9 & 10	00:38:27.91	12:22	58	00:34:28.57	11:05	46						
12	55/73	7/8	1313	Gabrielle Andersen	Female	25	Babylon	NY	10	00:33:23.74	05:33:57.48		
	Lap 1 to 4	00:31:55.97	10:16	65	00:28:38.75	9:13	58	00:30:49.69	9:55	61	00:29:45.32	9:34	59
	Lap 5 to 8	00:31:25.52	10:06	59	00:33:30.06	10:46	55	00:35:48.44	11:31	59	00:39:38.95	12:45	61
	Lap 9 & 10	00:36:35.92	11:46	53	00:35:48.83	11:31	54						

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Overall Results - Female

March 1, 2015

Place	overall Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
13	59/73	2/4	1357	Joanna Grossman	Female	46	Northport	NY	10	00:35:32.69	05:55:26.94		
	Lap 1 to 4	00:28:55.33	9:18	60	00:32:37.52	10:30	67	00:31:54.82	10:16	64	00:32:45.53	10:32	65
	Lap 5 to 8	00:34:23.08	11:04	65	00:36:20.42	11:41	61	00:38:52.71	12:30	62	00:39:57.04	12:51	62
	Lap 9 & 10	00:38:29.86	12:23	59	00:41:10.61	13:15	61						
14	61/73	3/4	1393	Elizabeth Melillo	Female	49	Rthport	NY	10	00:37:20.14	06:13:21.50		
	Lap 1 to 4	00:31:25.23	10:06	64	00:34:43.13	11:10	70	00:35:45.04	11:30	71	00:36:35.37	11:46	69
	Lap 5 to 8	00:38:44.76	12:28	69	00:40:55.81	13:10	65	00:39:26.10	12:41	63	00:36:02.34	11:35	58
	Lap 9 & 10	00:40:08.17	12:55	60	00:39:35.52	12:44	59						
15	64/73	2/2	1359	Eva Casale	Female	50	Glen Cove	NY	10	00:41:17.61	06:52:56.17		
	Lap 1 to 4	00:34:28.24	11:05	71	00:37:00.03	11:54	71	00:37:42.01	12:08	72	00:38:14.48	12:18	71
	Lap 5 to 8	00:41:08.14	13:14	70	00:40:39.29	13:05	64	00:47:33.38	15:18	67	00:43:29.86	13:59	65
	Lap 9 & 10	00:46:20.91	14:55	64	00:46:19.81	14:54	64						
16	70/73	4/4	1424	Lorie Sheinwald	Female	48	Old Bethpage	NY	5	00:27:06.99	02:15:34.99		
	Lap 1 to 4	00:26:00.77	8:22	44	00:26:03.67	8:23	43	00:26:48.16	8:37	48	00:27:57.53	8:59	50
	Lap 5 to 8	00:28:44.85	9:15	50									
	Lap 9 & 10												
17	71/73	8/8	1351	Anna Fyodorova	Female	33	Brooklyn	NY	5	00:27:37.76	02:18:08.84		
	Lap 1 to 4	00:27:34.23	8:52	56	00:28:01.36	9:01	55	00:25:25.37	8:10	42	00:29:09.71	9:23	58
	Lap 5 to 8	00:27:58.17	9:00	47									
	Lap 9 & 10												

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Overall Results - Male

March 1, 2015

Place	overall Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
1	1/73	1/18	1404	Zachary Ornelas	Male	23	Ann Arbor	MI	10	00:17:13.67	02:52:16.80		
	Lap 1 to 4	00:17:49.00	5:44	1	00:17:07.48	5:30	1	00:16:51.31	5:25	1	00:16:52.67	5:25	1
	Lap 5 to 8	00:17:00.09	5:28	1	00:17:00.88	5:28	1	00:17:05.54	5:30	1	00:17:11.64	5:32	1
	Lap 9 & 10	00:17:25.93	5:36	1	00:17:52.23	5:45	1						
2	2/73	2/18	1304	Tyler Andrews	Male	24	Arlington	VA	10	00:18:33.32	03:05:33.20		
	Lap 1 to 4	00:17:49.13	5:44	2	00:17:28.11	5:37	4	00:17:23.58	5:35	2	00:17:25.70	5:36	4
	Lap 5 to 8	00:18:00.26	5:47	4	00:18:44.55	6:01	6	00:19:56.41	6:25	8	00:19:46.33	6:21	5
	Lap 9 & 10	00:20:23.23	6:33	3	00:18:35.85	5:59	2						
3	3/73	3/18	1330	Kory Cool	Male	27	Manhattan	KS	10	00:18:36.81	03:06:08.14		
	Lap 1 to 4	00:18:47.47	6:02	9	00:18:30.00	5:57	9	00:18:22.42	5:54	9	00:18:45.62	6:02	8
	Lap 5 to 8	00:18:17.40	5:53	7	00:18:33.18	5:58	5	00:18:33.74	5:58	3	00:18:31.90	5:57	2
	Lap 9 & 10	00:18:53.58	6:04	2	00:18:52.80	6:04	3						
4	4/73	4/18	1303	Joseph Gray	Male	31	Colorado Springs	CO	10	00:18:47.41	03:07:54.13		
	Lap 1 to 4	00:17:49.50	5:44	4	00:17:27.13	5:37	2	00:17:35.69	5:39	4	00:17:05.46	5:30	2
	Lap 5 to 8	00:17:19.12	5:34	3	00:17:08.33	5:30	2	00:17:46.00	5:43	2	00:18:59.47	6:06	3
	Lap 9 & 10	00:21:44.87	6:59	11	00:24:58.54	8:02	21						
5	5/73	5/18	1307	Peter Maksimow	Male	36	Manitou Springs	CO	10	00:19:03.81	03:10:38.15		
	Lap 1 to 4	00:18:05.50	5:49	5	00:17:45.17	5:42	6	00:17:57.54	5:46	6	00:18:11.61	5:51	5
	Lap 5 to 8	00:18:07.51	5:50	5	00:18:15.57	5:52	4	00:18:57.89	6:06	5	00:19:59.69	6:26	6
	Lap 9 & 10	00:21:37.32	6:57	10	00:21:40.33	6:58	8						
6	6/73	6/18	1436	Scott Traer	Male	33	Woburn	MA	10	00:19:13.63	03:12:16.39		
	Lap 1 to 4	00:18:32.43	5:58	8	00:18:28.86	5:56	8	00:18:16.58	5:52	8	00:18:30.62	5:57	7
	Lap 5 to 8	00:18:46.92	6:02	8	00:18:47.47	6:02	7	00:18:53.58	6:04	4	00:19:19.79	6:13	4
	Lap 9 & 10	00:20:37.54	6:38	5	00:22:02.58	7:05	11						
7	7/73	1/8	1409	Jean Pommier	Male	51	Cupertino	CA	10	00:20:07.64	03:21:16.42		
	Lap 1 to 4	00:19:48.54	6:22	11	00:19:25.11	6:14	10	00:19:30.20	6:16	10	00:19:30.28	6:16	10
	Lap 5 to 8	00:19:35.25	6:18	10	00:19:43.59	6:20	8	00:20:00.68	6:26	9	00:20:29.96	6:35	8
	Lap 9 & 10	00:21:29.96	6:55	9	00:21:42.83	6:59	9						
8	9/73	1/8	1355	Kevin Grabowski	Male	46	Vern	WI	10	00:20:27.04	03:24:30.42		
	Lap 1 to 4	00:20:16.19	6:31	16	00:20:09.10	6:29	14	00:20:04.07	6:27	14	00:20:12.21	6:30	14
	Lap 5 to 8	00:20:17.35	6:31	15	00:20:31.05	6:36	14	00:20:46.80	6:41	13	00:20:57.77	6:44	13
	Lap 9 & 10	00:21:05.32	6:47	8	00:20:10.54	6:29	4						
9	10/73	7/18	1380	Jon Lindenauer	Male	27	Cary	NC	10	00:20:32.71	03:25:27.14		
	Lap 1 to 4	00:19:37.80	6:19	10	00:19:40.51	6:19	11	00:19:47.31	6:22	11	00:20:02.12	6:26	12
	Lap 5 to 8	00:19:36.43	6:18	11	00:19:46.26	6:21	9	00:19:41.66	6:20	7	00:20:47.68	6:41	11
	Lap 9 & 10	00:23:28.50	7:33	17	00:22:58.84	7:23	13						
10	11/73	2/8	1405	Jerry Pannullo	Male	45	East Islip	NY	10	00:20:33.83	03:25:38.36		
	Lap 1 to 4	00:21:17.25	6:51	21	00:20:50.94	6:42	19	00:20:32.62	6:36	15	00:20:15.78	6:31	15
	Lap 5 to 8	00:20:08.35	6:28	13	00:20:08.79	6:29	11	00:20:25.04	6:34	10	00:20:31.94	6:36	9
	Lap 9 & 10	00:20:38.41	6:38	6	00:20:49.22	6:42	6						
11	12/73	8/18	1306	C Fred Joslyn	Male	31	E. Syracuse	NY	10	00:20:40.29	03:26:42.96		
	Lap 1 to 4	00:18:05.98	5:49	6	00:17:58.27	5:47	7	00:18:14.54	5:52	7	00:18:54.56	6:05	9
	Lap 5 to 8	00:18:55.23	6:05	9	00:20:04.58	6:27	10	00:21:23.64	6:53	16	00:23:10.91	7:27	20
	Lap 9 & 10	00:25:01.73	8:03	23	00:24:53.49	8:00	20						
12	13/73	9/18	1342	Stephen England	Male	34	New York	NY	10	00:20:46.29	03:27:42.93		
	Lap 1 to 4	00:20:52.75	6:43	17	00:20:50.55	6:42	18	00:21:00.05	6:45	21	00:20:54.01	6:43	16
	Lap 5 to 8	00:20:44.42	6:40	18	00:20:38.61	6:38	16	00:20:45.08	6:40	12	00:20:28.83	6:35	7
	Lap 9 & 10	00:20:33.53	6:37	4	00:20:55.07	6:43	7						

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13	15/73	3/8	1401	Tommy Nettuno	Male	45	West Babylon	NY	10	00:21:35.94	03:35:59.46		
	Lap 1 to 4	00:21:32.50	6:55	26	00:21:14.96	6:50	23	00:20:55.14	6:43	18	00:20:55.05	6:43	17
	Lap 5 to 8	00:21:04.71	6:47	19	00:21:02.96	6:46	17	00:21:14.44	6:50	15	00:21:25.91	6:53	14
	Lap 9 & 10	00:22:38.46	7:17	13	00:23:55.30	7:41	17						
14	16/73	1/6	1435	Ian Torrence	Male	42	Flagstaff	AZ	10	00:21:36.29	03:36:02.92		
	Lap 1 to 4	00:21:26.75	6:54	23	00:21:20.80	6:52	26	00:21:23.55	6:53	25	00:21:36.75	6:57	23
	Lap 5 to 8	00:21:36.59	6:57	24	00:21:31.45	6:55	19	00:21:30.34	6:55	17	00:21:34.67	6:56	15
	Lap 9 & 10	00:22:06.57	7:06	12	00:21:55.41	7:03	10						
15	17/73	4/8	1388	Philip Mc Carthy	Male	46	New York	NY	10	00:21:45.82	03:37:38.21		
	Lap 1 to 4	00:20:15.75	6:31	15	00:20:56.08	6:44	20	00:20:58.01	6:44	20	00:20:58.97	6:45	19
	Lap 5 to 8	00:21:11.37	6:49	20	00:21:35.05	6:56	20	00:22:04.28	7:06	20	00:22:38.96	7:17	18
	Lap 9 & 10	00:23:07.40	7:26	15	00:23:52.30	7:40	15						
16	18/73	2/6	1385	Joe Marinaccio	Male	44	Oakdale	NY	10	00:21:48.93	03:38:09.37		
	Lap 1 to 4	00:21:18.74	6:51	22	00:21:04.82	6:47	21	00:21:14.59	6:50	23	00:21:02.76	6:46	20
	Lap 5 to 8	00:21:18.73	6:51	21	00:21:45.61	7:00	21	00:21:56.64	7:03	19	00:22:17.60	7:10	17
	Lap 9 & 10	00:22:53.26	7:21	14	00:23:16.60	7:29	14						
17	19/73	3/6	1361	Aaron Heath	Male	40	White Plains	NY	10	00:22:08.24	03:41:22.49		
	Lap 1 to 4	00:20:53.23	6:43	18	00:21:11.52	6:49	22	00:20:57.59	6:44	19	00:20:56.30	6:44	18
	Lap 5 to 8	00:20:39.21	6:38	17	00:21:18.38	6:51	18	00:21:42.18	6:59	18	00:23:11.23	7:27	21
	Lap 9 & 10	00:24:52.45	8:00	22	00:25:40.37	8:15	25						
18	20/73	10/18	1448	Jeffrey Zawadzki	Male	32	New Haven	CT	10	00:22:20.94	03:43:29.47		
	Lap 1 to 4	00:19:51.38	6:23	13	00:20:26.14	6:34	15	00:21:08.04	6:48	22	00:21:04.56	6:47	21
	Lap 5 to 8	00:21:29.07	6:54	22	00:21:51.02	7:01	23	00:24:26.47	7:51	27	00:24:59.67	8:02	28
	Lap 9 & 10	00:24:19.84	7:49	20	00:23:53.25	7:41	16						
19	21/73	5/8	1438	Stephen Uresk	Male	46	Greenlawn	NY	10	00:22:31.26	03:45:12.64		
	Lap 1 to 4	00:21:28.66	6:54	24	00:21:18.64	6:51	24	00:21:20.79	6:52	24	00:21:39.57	6:58	24
	Lap 5 to 8	00:21:36.54	6:57	23	00:21:46.54	7:00	22	00:24:17.81	7:49	26	00:22:43.53	7:18	19
	Lap 9 & 10	00:23:14.07	7:28	16	00:25:46.46	8:17	26						
20	22/73	4/6	1439	William Uribe	Male	40	Monroe	NY	10	00:23:12.23	03:52:02.39		
	Lap 1 to 4	00:20:56.70	6:44	20	00:20:43.10	6:40	16	00:20:46.55	6:41	17	00:21:14.80	6:50	22
	Lap 5 to 8	00:21:58.18	7:04	26	00:22:36.78	7:16	25	00:23:24.23	7:31	22	00:24:53.34	8:00	26
	Lap 9 & 10	00:26:36.48	8:33	28	00:28:52.21	9:17	34						
21	23/73	6/8	1364	John Hogan	Male	49	Washington Town	NJ	10	00:23:17.47	03:52:54.74		
	Lap 1 to 4	00:21:38.76	6:58	27	00:21:50.00	7:01	27	00:21:45.78	7:00	27	00:21:53.12	7:02	26
	Lap 5 to 8	00:21:58.05	7:04	25	00:22:09.73	7:07	24	00:22:59.05	7:23	21	00:27:40.25	8:54	33
	Lap 9 & 10	00:25:51.43	8:19	26	00:25:08.55	8:05	23						
22	26/73	7/8	1362	Timothy Henderson	Male	45	Sayville	NY	10	00:23:51.35	03:58:33.51		
	Lap 1 to 4	00:23:33.26	7:34	34	00:23:10.42	7:27	30	00:23:38.68	7:36	30	00:23:27.29	7:32	29
	Lap 5 to 8	00:23:50.91	7:40	29	00:23:52.92	7:41	27	00:24:00.16	7:43	24	00:24:22.18	7:50	23
	Lap 9 & 10	00:24:25.47	7:51	21	00:24:12.19	7:47	18						
23	28/73	2/8	1431	Brian Teason	Male	54	Manchester	VT	10	00:24:28.57	04:04:45.77		
	Lap 1 to 4	00:23:07.86	7:26	30	00:23:19.71	7:30	31	00:23:59.05	7:43	34	00:24:03.10	7:44	33
	Lap 5 to 8	00:24:23.98	7:51	33	00:24:58.51	8:02	30	00:25:04.88	8:04	29	00:25:14.47	8:07	29
	Lap 9 & 10	00:25:35.61	8:14	25	00:24:58.59	8:02	22						
24	29/73	5/6	1397	Rich Minns	Male	40	Massapequa Park	NY	10	00:25:27.97	04:14:39.75		
	Lap 1 to 4	00:22:04.76	7:06	28	00:22:16.69	7:10	29	00:22:38.66	7:17	29	00:22:53.99	7:22	28
	Lap 5 to 8	00:23:05.80	7:26	28	00:25:29.27	8:12	31	00:26:47.90	8:37	31	00:28:14.86	9:05	35
	Lap 9 & 10	00:29:45.49	9:34	36	00:31:22.30	10:05	38						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Lap legend: (time, pace & place)

Overall Results - Male

March 1, 2015

Place	overall Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
25	30/73	1/3	1365	Rob Hoy	Male	55	Chalfont	PA	10	00:25:54.24	04:19:02.47		
	Lap 1 to 4	00:24:30.70	7:53	35	00:23:48.21	7:39	34	00:23:49.28	7:40	31	00:23:54.36	7:41	32
	Lap 5 to 8	00:24:17.38	7:49	30	00:25:33.60	8:13	32	00:28:03.81	9:01	39	00:27:27.38	8:50	32
	Lap 9 & 10	00:29:08.24	9:22	33	00:28:29.48	9:10	31						
26	33/73	3/8	1399	Jim Morris	Male	53	Northport	NY	10	00:26:41.65	04:26:56.58		
	Lap 1 to 4	00:25:53.68	8:20	41	00:25:21.64	8:09	42	00:25:36.01	8:14	44	00:25:49.60	8:18	40
	Lap 5 to 8	00:25:47.15	8:17	38	00:26:26.10	8:30	39	00:28:09.08	9:03	40	00:28:18.66	9:06	36
	Lap 9 & 10	00:28:16.21	9:05	30	00:27:18.41	8:47	29						
27	34/73	11/18	1339	Lou Donofrio	Male	36	Wallingford	PA	10	00:26:42.29	04:27:02.98		
	Lap 1 to 4	00:24:33.62	7:54	36	00:24:31.20	7:53	36	00:24:55.45	8:01	38	00:25:56.32	8:20	42
	Lap 5 to 8	00:26:50.75	8:38	43	00:27:26.93	8:50	40	00:27:59.33	9:00	38	00:28:03.34	9:01	34
	Lap 9 & 10	00:29:11.73	9:23	34	00:27:34.27	8:52	30						
28	35/73	12/18	1457	Dejan Popovic	Male	36	Melville	NY	10	00:27:16.07	04:32:40.76		
	Lap 1 to 4	00:27:36.67	8:53	57	00:26:35.16	8:33	48	00:26:31.31	8:32	46	00:26:38.81	8:34	44
	Lap 5 to 8	00:25:53.73	8:20	39	00:26:16.12	8:27	38	00:27:18.08	8:47	33	00:28:30.06	9:10	37
	Lap 9 & 10	00:28:47.98	9:16	32	00:28:32.82	9:11	32						
29	36/73	8/8	1374	Wai Law	Male	48	Bethpage	NY	10	00:27:22.56	04:33:45.66		
	Lap 1 to 4	00:25:23.76	8:10	37	00:25:03.66	8:03	40	00:24:53.70	8:00	37	00:24:23.55	7:51	35
	Lap 5 to 8	00:24:58.64	8:02	35	00:25:34.98	8:14	33	00:28:55.06	9:18	45	00:29:25.32	9:28	41
	Lap 9 & 10	00:32:38.51	10:30	42	00:32:28.45	10:27	41						
30	37/73	13/18	1325	Daniel Boline	Male	34	Port Jefferson Sta	NY	10	00:27:34.50	04:35:45.10		
	Lap 1 to 4	00:26:06.10	8:24	46	00:26:07.48	8:24	44	00:25:27.94	8:11	43	00:24:54.75	8:01	37
	Lap 5 to 8	00:25:30.20	8:12	37	00:25:42.18	8:16	36	00:27:20.13	8:47	34	00:31:14.65	10:03	45
	Lap 9 & 10	00:31:27.96	10:07	40	00:31:53.68	10:15	39						
31	38/73	4/8	1376	Eliot Lee	Male	52	Croton On Hudson	NY	10	00:27:42.67	04:37:06.73		
	Lap 1 to 4	00:25:47.52	8:18	38	00:25:00.47	8:02	38	00:24:35.31	7:54	36	00:24:10.99	7:47	34
	Lap 5 to 8	00:24:39.44	7:56	34	00:25:36.87	8:14	34	00:27:44.28	8:55	35	00:30:49.53	9:55	44
	Lap 9 & 10	00:33:51.07	10:53	44	00:34:51.20	11:13	48						
32	39/73	2/3	1387	Jay Masten	Male	56	Bohemia	NY	10	00:27:50.04	04:38:20.49		
	Lap 1 to 4	00:25:55.32	8:20	42	00:25:08.09	8:05	41	00:24:55.46	8:01	39	00:25:12.84	8:06	39
	Lap 5 to 8	00:26:21.52	8:29	42	00:28:10.55	9:04	42	00:28:47.57	9:16	43	00:28:35.32	9:12	38
	Lap 9 & 10	00:32:12.07	10:21	41	00:33:01.71	10:37	43						
33	40/73	3/3	1442	Marc Vengrove	Male	58	Allentown	PA	10	00:28:07.53	04:41:15.36		
	Lap 1 to 4	00:26:59.30	8:41	50	00:26:54.39	8:39	49	00:27:05.18	8:43	51	00:27:22.90	8:48	47
	Lap 5 to 8	00:27:36.42	8:53	46	00:27:32.45	8:51	41	00:27:57.25	8:59	37	00:28:46.54	9:15	39
	Lap 9 & 10	00:29:52.83	9:37	37	00:31:08.07	10:01	37						
34	43/73	5/8	1400	Chris Mozer	Male	51	Huntington Station	NY	10	00:28:30.46	04:45:04.62		
	Lap 1 to 4	00:23:14.51	7:28	31	00:23:33.03	7:34	32	00:24:06.56	7:45	35	00:24:44.08	7:57	36
	Lap 5 to 8	00:25:14.71	8:07	36	00:28:48.38	9:16	46	00:31:54.96	10:16	49	00:34:33.57	11:07	52
	Lap 9 & 10	00:35:38.70	11:28	50	00:33:16.09	10:42	44						
35	44/73	1/4	1310	Roy Pirrung	Male	66	Plymouth	WI	10	00:28:45.13	04:47:31.38		
	Lap 1 to 4	00:26:35.43	8:33	47	00:26:56.07	8:40	50	00:27:33.86	8:52	53	00:27:57.58	8:59	51
	Lap 5 to 8	00:30:26.45	9:47	57	00:28:23.70	9:08	45	00:28:52.44	9:17	44	00:29:31.37	9:30	42
	Lap 9 & 10	00:30:30.64	9:49	38	00:30:43.82	9:53	36						
36	45/73	1/6	1358	Len Hall	Male	61	Enfield	NH	10	00:29:48.59	04:58:05.90		
	Lap 1 to 4	00:25:55.94	8:20	43	00:26:09.30	8:25	45	00:26:05.91	8:23	45	00:26:31.54	8:32	43
	Lap 5 to 8	00:27:22.18	8:48	45	00:29:04.55	9:21	48	00:31:38.75	10:11	47	00:34:10.53	10:59	49
	Lap 9 & 10	00:35:24.83	11:23	49	00:35:42.33	11:29	53						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Lap legend: (time, pace & place)

Overall Results - Male

March 1, 2015

Place	overall Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
37	46/73	6/8	1316	Stephen Bandfield	Male	51	Parsippany	NJ	10	00:30:11.94	05:01:59.41		
	Lap 1 to 4	00:27:17.13	8:46	53	00:24:43.43	7:57	37	00:25:11.06	8:06	41	00:25:50.46	8:19	41
	Lap 5 to 8	00:26:52.62	8:39	44	00:29:04.06	9:21	47	00:35:16.49	11:21	57	00:34:38.38	11:08	53
	Lap 9 & 10	00:36:57.17	11:53	54	00:36:08.58	11:37	55						
38	47/73	2/6	1317	Juerg Bandle	Male	64	New York	NY	10	00:30:13.37	05:02:13.73		
	Lap 1 to 4	00:27:06.56	8:43	51	00:27:34.77	8:52	54	00:28:11.82	9:04	54	00:28:19.17	9:06	53
	Lap 5 to 8	00:28:46.15	9:15	51	00:29:41.49	9:33	49	00:31:37.15	10:10	46	00:33:02.21	10:37	48
	Lap 9 & 10	00:33:31.59	10:47	43	00:34:22.79	11:03	45						
39	48/73	3/6	1369	Andrei Aroneanu	Male	60	Ridgewood	NJ	10	00:30:16.79	05:02:47.92		
	Lap 1 to 4	00:26:02.65	8:22	45	00:27:02.68	8:42	52	00:27:27.81	8:50	52	00:27:58.29	9:00	52
	Lap 5 to 8	00:29:22.86	9:27	53	00:31:32.20	10:09	53	00:31:41.87	10:12	48	00:32:41.07	10:31	47
	Lap 9 & 10	00:34:04.79	10:58	46	00:34:53.67	11:13	49						
40	49/73	7/8	1366	Michael Hunter	Male	53	N. Merrick	NY	10	00:31:07.22	05:11:12.29		
	Lap 1 to 4	00:26:52.92	8:39	48	00:27:00.92	8:41	51	00:27:04.81	8:42	50	00:27:16.81	8:46	46
	Lap 5 to 8	00:29:05.03	9:21	52	00:29:47.82	9:35	50	00:32:05.31	10:19	50	00:37:16.72	11:59	60
	Lap 9 & 10	00:38:12.46	12:17	56	00:36:29.47	11:44	56						
41	51/73	2/4	1396	James Miner	Male	66	Dryden	NY	10	00:31:41.52	05:16:55.20		
	Lap 1 to 4	00:28:03.39	9:01	58	00:28:38.38	9:13	57	00:29:12.00	9:23	57	00:28:59.04	9:19	55
	Lap 5 to 8	00:33:32.99	10:47	64	00:31:25.91	10:06	52	00:33:30.98	10:47	52	00:35:46.58	11:30	56
	Lap 9 & 10	00:34:57.18	11:14	48	00:32:48.73	10:33	42						
42	52/73	14/18	1452	David Drebsky	Male	33	Plainview	NY	10	00:32:12.62	05:22:06.21		
	Lap 1 to 4	00:26:59.22	8:41	49	00:28:23.47	9:08	56	00:30:02.63	9:40	60	00:30:23.62	9:46	61
	Lap 5 to 8	00:30:20.93	9:46	56	00:33:17.98	10:43	54	00:35:24.08	11:23	58	00:34:45.48	11:11	54
	Lap 9 & 10	00:37:08.94	11:57	55	00:35:19.82	11:22	50						
43	53/73	3/4	1390	Grant Mckeown	Male	65	New York	NY	10	00:32:12.65	05:22:06.51		
	Lap 1 to 4	00:27:21.52	8:48	54	00:29:12.41	9:24	59	00:29:42.21	9:33	59	00:30:54.53	9:56	63
	Lap 5 to 8	00:32:55.82	10:35	61	00:34:42.69	11:10	57	00:34:09.59	10:59	54	00:34:11.40	11:00	50
	Lap 9 & 10	00:34:20.00	11:03	47	00:34:36.30	11:08	47						
44	56/73	4/6	1335	Frank Deleo	Male	61	Brooklyn	NY	10	00:34:53.56	05:48:55.61		
	Lap 1 to 4	00:33:57.71	10:55	68	00:32:11.90	10:21	65	00:32:18.82	10:24	66	00:38:41.15	12:27	72
	Lap 5 to 8	00:33:03.89	10:38	63	00:35:28.73	11:25	59	00:34:45.29	11:11	55	00:36:57.98	11:53	59
	Lap 9 & 10	00:36:07.94	11:37	51	00:35:22.17	11:23	51						
45	57/73	5/6	1321	Charles Bifulco	Male	61	Holtsville	NY	10	00:35:15.77	05:52:37.78		
	Lap 1 to 4	00:33:41.84	10:50	67	00:33:09.53	10:40	68	00:35:40.44	11:28	70	00:34:35.46	11:07	67
	Lap 5 to 8	00:36:15.20	11:40	67	00:36:36.16	11:46	62	00:33:34.59	10:48	53	00:34:33.29	11:07	51
	Lap 9 & 10	00:36:21.91	11:42	52	00:38:09.33	12:16	58						
46	58/73	1/1	1338	Bill Dodson	Male	80	Mountain View	CA	10	00:35:30.64	05:55:06.49		
	Lap 1 to 4	00:34:11.16	11:00	69	00:34:19.73	11:02	69	00:34:27.95	11:05	68	00:34:47.52	11:11	68
	Lap 5 to 8	00:35:06.20	11:17	66	00:35:23.11	11:23	58	00:35:13.97	11:20	56	00:35:52.45	11:32	57
	Lap 9 & 10	00:38:15.40	12:18	57	00:37:28.97	12:03	57						
47	60/73	6/6	1356	Ronald Grinnell	Male	62	Centereach	NY	10	00:35:48.85	05:58:08.54		
	Lap 1 to 4	00:36:12.36	11:39	72	00:29:55.48	9:37	63	00:33:30.09	10:46	67	00:28:56.60	9:18	54
	Lap 5 to 8	00:30:41.73	9:52	58	00:35:55.63	11:33	60	00:37:48.70	12:10	61	00:40:10.23	12:55	63
	Lap 9 & 10	00:43:55.94	14:08	62	00:41:01.75	13:12	60						
48	62/73	1/2	1320	Joseph Bello	Male	70	Rochester	NY	10	00:37:21.43	06:13:34.33		
	Lap 1 to 4	00:30:42.27	9:52	63	00:32:13.14	10:22	66	00:31:08.26	10:01	62	00:34:33.91	11:07	66
	Lap 5 to 8	00:37:17.75	12:00	68	00:37:31.23	12:04	63	00:40:36.27	13:04	65	00:41:04.53	13:13	64
	Lap 9 & 10	00:43:21.16	13:57	61	00:45:05.78	14:30	63						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Championship

Lap legend: (time, pace & place)

Overall Results - Male

March 1, 2015

Place	overall Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
49	63/73	4/4	1350	David Frisone	Male	69	New Hyde Park	NY	10	00:40:07.15	06:41:11.53		
	Lap 1 to 4	00:33:22.97	10:44	66	00:38:01.15	12:14	72	00:34:42.83	11:10	69	00:36:56.34	11:53	70
	Lap 5 to 8	00:41:41.24	13:25	71	00:42:55.97	13:49	66	00:40:28.81	13:01	64	00:44:56.04	14:27	66
	Lap 9 & 10	00:44:29.86	14:19	63	00:43:36.28	14:02	62						
50	65/73	2/2	1323	Patrick Bivona	Male	73	Clifton	NJ	10	00:43:58.30	07:19:43.00		
	Lap 1 to 4	00:40:41.30	13:05	73	00:41:22.40	13:18	73	00:42:19.49	13:37	73	00:42:25.33	13:39	73
	Lap 5 to 8	00:43:15.92	13:55	72	00:43:50.10	14:06	67	00:44:16.85	14:15	66	00:45:46.58	14:43	67
	Lap 9 & 10	00:47:13.40	15:11	65	00:48:31.61	15:37	65						
51	66/73	15/18	1417	Patrick Rich	Male	38	South Hamilton	MA	8	00:18:32.53	02:28:20.30		
	Lap 1 to 4	00:18:06.80	5:49	7	00:17:44.64	5:42	5	00:17:56.96	5:46	5	00:18:11.96	5:51	6
	Lap 5 to 8	00:18:07.54	5:50	6	00:18:15.57	5:52	3	00:19:24.47	6:14	6	00:20:32.33	6:36	10
	Lap 9 & 10												
52	67/73	16/18	1370	Samuel Jurek	Male	27	Somerville	MA	8	00:21:58.49	02:55:47.93		
	Lap 1 to 4	00:20:55.25	6:44	19	00:20:44.85	6:40	17	00:20:46.06	6:41	16	00:21:48.23	7:01	25
	Lap 5 to 8	00:20:30.38	6:36	16	00:20:36.95	6:38	15	00:25:29.10	8:12	30	00:24:57.08	8:01	27
	Lap 9 & 10												
53	68/73	6/6	1434	Kenneth Tom	Male	44	Brooklyn	NY	6	00:54:18.64	05:25:51.87		
	Lap 1 to 4	00:34:14.20	11:01	70	00:31:09.74	10:01	64	00:31:15.48	10:03	63	00:32:14.82	10:22	64
	Lap 5 to 8	00:32:58.07	10:36	62	02:43:59.53	52:46	68						
	Lap 9 & 10												
54	69/73	17/18	1305	Chris Raulli	Male	26	Syracuse	NY	5	00:17:27.43	01:27:17.17		
	Lap 1 to 4	00:17:49.25	5:44	3	00:17:27.54	5:37	3	00:17:24.36	5:36	3	00:17:16.96	5:33	3
	Lap 5 to 8	00:17:19.05	5:34	2									
	Lap 9 & 10												
55	72/73	18/18	1420	Robert Salvesen	Male	38	East Meadow	NY	5	00:29:05.63	02:25:28.18		
	Lap 1 to 4	00:28:20.52	9:07	59	00:29:27.22	9:28	61	00:28:31.64	9:10	55	00:29:01.08	9:20	57
	Lap 5 to 8	00:30:07.71	9:41	54									
	Lap 9 & 10												
56	73/73	8/8	1445	George Worth	Male	52	Islip	NY	4	00:23:23.24	01:33:32.97		
	Lap 1 to 4	00:21:28.85	6:54	25	00:21:19.95	6:51	25	00:21:45.07	7:00	26	00:28:59.09	9:19	56
	Lap 5 to 8												
	Lap 9 & 10												