

Caumsett Park 50K Championship and GLIRC 25K Run

50K Non-Championship

Lap legend: (time, pace & place)

Overall Results - Female

March 1, 2015

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
1	3/65	1/3	1384	Elena Makovskaya	Female	34	Hacknsack	NJ	10	00:24:03.74	04:00:37.49		
	Lap 1 to 4	00:22:28.99	7:14	5	00:22:36.62	7:16	5	00:23:06.58	7:26	6	00:23:08.71	7:26	8
	Lap 5 to 8	00:23:52.03	7:40	9	00:24:36.82	7:55	8	00:25:01.56	8:03	7	00:24:16.30	7:48	4
	Lap 9 & 10	00:25:23.02	8:10	3	00:26:06.81	8:24	4						
2	16/65	1/5	1440	Tina Vaccarella	Female	39	Cutchogue	NY	10	00:26:57.88	04:29:38.83		
	Lap 1 to 4	00:26:15.70	8:27	19	00:26:10.49	8:25	19	00:26:07.69	8:24	22	00:26:07.41	8:24	18
	Lap 5 to 8	00:27:02.95	8:42	23	00:27:27.06	8:50	20	00:26:32.81	8:32	12	00:26:14.66	8:26	10
	Lap 9 & 10	00:27:40.07	8:54	10	00:29:59.95	9:39	18						
3	20/65	2/5	1423	Rebecca Schwartz	Female	35	Bergenfield	NJ	10	00:27:56.65	04:39:26.53		
	Lap 1 to 4	00:26:20.77	8:28	20	00:27:06.50	8:43	26	00:27:26.62	8:49	30	00:27:32.23	8:51	23
	Lap 5 to 8	00:27:04.61	8:42	24	00:27:46.14	8:56	21	00:28:11.26	9:04	20	00:29:37.99	9:32	21
	Lap 9 & 10	00:29:24.26	9:27	18	00:28:56.12	9:18	8						
4	23/65	2/3	1386	Karen Marmon	Female	34	Ridgewood	NY	10	00:29:30.35	04:55:03.56		
	Lap 1 to 4	00:28:04.27	9:02	32	00:27:22.06	8:48	28	00:27:12.55	8:45	27	00:27:37.47	8:53	24
	Lap 5 to 8	00:28:09.80	9:03	27	00:30:54.96	9:57	27	00:30:53.76	9:56	28	00:31:39.36	10:11	24
	Lap 9 & 10	00:30:58.71	9:58	21	00:32:10.60	10:21	23						
5	28/65	1/2	1378	Esther Levine	Female	44	Long Island City	NY	10	00:30:54.24	05:09:02.43		
	Lap 1 to 4	00:29:52.87	9:37	40	00:29:26.72	9:28	38	00:29:11.79	9:23	34	00:29:40.55	9:33	31
	Lap 5 to 8	00:30:13.45	9:43	32	00:30:42.12	9:52	25	00:31:52.47	10:15	31	00:31:50.17	10:14	25
	Lap 9 & 10	00:32:20.17	10:24	25	00:33:52.08	10:54	27						
6	29/65	1/1	1403	Margaret O'Connor	Female	24	New York	NY	10	00:30:54.24	05:09:02.44		
	Lap 1 to 4	00:30:22.28	9:46	42	00:28:57.31	9:19	36	00:29:11.79	9:23	35	00:29:40.55	9:33	32
	Lap 5 to 8	00:30:12.85	9:43	31	00:30:42.72	9:53	26	00:31:52.42	10:15	30	00:31:50.22	10:14	26
	Lap 9 & 10	00:32:19.80	10:24	24	00:33:52.46	10:54	28						
7	31/65	3/5	1333	Lauren Darienzo	Female	38	Long Beach	NY	10	00:32:00.64	05:20:06.49		
	Lap 1 to 4	00:28:55.52	9:18	36	00:32:36.76	10:29	49	00:31:55.58	10:16	45	00:32:53.63	10:35	46
	Lap 5 to 8	00:30:33.81	9:50	34	00:31:43.45	10:12	30	00:33:22.33	10:44	34	00:34:00.40	10:56	32
	Lap 9 & 10	00:32:19.04	10:24	23	00:31:45.94	10:13	21						
8	32/65	1/2	1318	Alicja Barahona	Female	60	White Plains	NY	10	00:32:12.64	05:22:06.46		
	Lap 1 to 4	00:28:03.30	9:01	31	00:27:51.17	8:57	31	00:28:46.88	9:15	33	00:29:30.56	9:29	30
	Lap 5 to 8	00:30:47.58	9:54	36	00:32:58.62	10:36	33	00:36:35.99	11:46	40	00:35:03.44	11:17	36
	Lap 9 & 10	00:36:29.81	11:44	35	00:35:59.09	11:34	34						
9	35/65	1/1	1416	Madalena Resca	Female	25	Bellmore	NY	10	00:33:18.42	05:33:04.23		
	Lap 1 to 4	00:33:24.28	10:45	54	00:31:47.21	10:13	45	00:32:51.69	10:34	48	00:32:04.95	10:19	44
	Lap 5 to 8	00:33:19.67	10:43	43	00:32:50.05	10:34	32	00:34:35.38	11:07	37	00:34:20.52	11:03	33
	Lap 9 & 10	00:34:18.53	11:02	29	00:33:31.93	10:47	25						
10	38/65	4/5	1441	Concetta Van Winckel	Female	37	Northport	NY	10	00:34:39.22	05:46:32.26		
	Lap 1 to 4	00:27:59.23	9:00	30	00:28:32.08	9:11	34	00:29:33.85	9:30	37	00:28:56.77	9:18	28
	Lap 5 to 8	00:31:14.25	10:03	37	00:34:10.10	10:59	36	00:40:31.93	13:02	47	00:43:51.55	14:06	50
	Lap 9 & 10	00:42:09.70	13:34	42	00:39:32.77	12:43	35						
11	47/65	1/2	1326	Danielle Borgo	Female	45	North Babylon	NY	10	00:39:31.46	06:35:14.62		
	Lap 1 to 4	00:33:20.74	10:43	53	00:33:25.11	10:45	55	00:34:36.59	11:08	57	00:37:08.08	11:57	59
	Lap 5 to 8	00:38:57.24	12:32	56	00:42:17.38	13:36	57	00:39:54.40	12:50	45	00:41:41.83	13:25	45
	Lap 9 & 10	00:46:00.59	14:48	48	00:47:52.64	15:24	50						
12	51/65	2/2	1347	Maria Fred	Female	49	Wantagh	NY	10	00:40:55.15	06:49:11.57		
	Lap 1 to 4	00:40:37.55	13:04	65	00:32:03.33	10:19	47	00:31:28.50	10:07	43	00:34:25.15	11:04	51
	Lap 5 to 8	00:37:17.83	12:00	53	00:40:11.97	12:56	50	00:43:46.07	14:05	52	00:47:09.69	15:10	55
	Lap 9 & 10	00:46:44.18	15:02	52	00:55:27.29	17:50	53						

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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		
13	53/65	2/2	1368	Annmarie Itgen	Female	44	Franklin Sq	NY	10	00:41:17.68	06:52:56.86		
	Lap 1 to 4	00:34:28.23	11:05	59	00:36:59.89	11:54	62	00:37:42.70	12:08	64	00:38:13.93	12:18	61
	Lap 5 to 8	00:41:08.34	13:14	62	00:40:39.28	13:05	55	00:47:38.71	15:20	57	00:43:24.54	13:58	48
	Lap 9 & 10	00:46:22.98	14:55	50	00:46:18.23	14:54	47						
14	55/65	5/5	1455	Ayako Yamazaki	Female	39	Spring Valley	NY	8	00:27:55.29	03:43:22.33		
	Lap 1 to 4	00:27:13.48	8:45	26	00:27:23.69	8:49	29	00:25:38.47	8:15	17	00:26:18.19	8:27	20
	Lap 5 to 8	00:27:02.68	8:42	22	00:28:02.81	9:01	22	00:29:51.56	9:36	25	00:31:51.43	10:15	27
	Lap 9 & 10												
15	56/65	2/2	1322	Jill Biddington	Female	62	New York	NY	8	00:32:28.17	04:19:45.41		
	Lap 1 to 4	00:33:10.28	10:40	52	00:36:03.33	11:36	60	00:32:27.57	10:26	46	00:33:49.94	10:53	49
	Lap 5 to 8	00:34:10.79	11:00	46	00:35:33.66	11:26	41	00:39:02.54	12:33	44	00:15:27.26	4:58	1
	Lap 9 & 10												
16	61/65	3/3	1413	Katie Raab	Female	32	Copiague	NY	6	00:35:02.94	03:30:17.70		
	Lap 1 to 4	00:34:42.67	11:10	60	00:31:51.00	10:15	46	00:33:18.93	10:43	52	00:33:48.86	10:52	48
	Lap 5 to 8	00:37:08.22	11:57	52	00:39:28.01	12:42	48						
	Lap 9 & 10												

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Lap legend: (time, pace & place)

Overall Results - Male

March 1, 2015

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
1	1/65	1/5	1410	Kenneth Posner	Male	51	New York	NY	10	00:23:03.98	03:50:39.81		
	Lap 1 to 4	00:25:10.76	8:06	13	00:23:54.49	7:41	11	00:23:59.33	7:43	9	00:22:50.84	7:21	4
	Lap 5 to 8	00:22:29.05	7:14	2	00:22:11.23	7:08	1	00:22:15.09	7:09	1	00:22:21.03	7:11	2
	Lap 9 & 10	00:23:05.09	7:25	2	00:22:22.87	7:12	1						
2	2/65	1/11	1406	Seamus Pender	Male	42	Maspeth	NY	10	00:23:30.83	03:55:08.38		
	Lap 1 to 4	00:24:36.25	7:55	12	00:23:16.57	7:29	7	00:25:16.64	8:08	14	00:22:58.90	7:23	6
	Lap 5 to 8	00:23:16.02	7:29	5	00:23:22.33	7:31	3	00:23:14.41	7:28	2	00:23:08.37	7:26	3
	Lap 9 & 10	00:23:02.11	7:24	1	00:22:56.75	7:23	2						
3	4/65	1/6	1453	Andy Costa	Male	38	Danbury	CT	10	00:24:24.16	04:04:01.61		
	Lap 1 to 4	00:23:23.31	7:31	7	00:23:24.83	7:32	8	00:23:21.44	7:31	8	00:23:27.65	7:33	10
	Lap 5 to 8	00:23:52.16	7:40	10	00:23:55.78	7:42	5	00:24:11.16	7:47	5	00:24:52.87	8:00	5
	Lap 9 & 10	00:25:50.50	8:19	4	00:27:41.90	8:54	6						
4	5/65	2/11	1331	Elliot Coups	Male	41	Brooklyn	NY	10	00:24:32.55	04:05:25.53		
	Lap 1 to 4	00:22:39.76	7:17	6	00:22:39.80	7:17	6	00:22:45.28	7:19	5	00:22:34.80	7:16	3
	Lap 5 to 8	00:22:46.54	7:19	3	00:23:33.59	7:34	4	00:23:49.73	7:40	3	00:26:17.84	8:27	12
	Lap 9 & 10	00:28:37.51	9:12	15	00:29:40.65	9:33	17						
5	6/65	1/2	1443	Thomas Virzi	Male	27	Brooklyn	NY	10	00:24:44.57	04:07:25.78		
	Lap 1 to 4	00:21:17.66	6:51	1	00:20:47.29	6:41	1	00:20:36.87	6:38	1	00:21:10.74	6:48	1
	Lap 5 to 8	00:23:14.52	7:28	4	00:26:21.59	8:29	14	00:25:09.50	8:05	8	00:25:33.40	8:13	8
	Lap 9 & 10	00:33:50.61	10:53	27	00:29:23.57	9:27	15						
6	7/65	2/2	1454	Jesse Goodenough	Male	29	Wantagh	NY	10	00:24:48.33	04:08:03.36		
	Lap 1 to 4	00:21:27.50	6:54	3	00:21:19.73	6:51	2	00:21:21.46	6:52	3	00:21:39.46	6:58	2
	Lap 5 to 8	00:23:34.70	7:35	7	00:25:15.38	8:07	9	00:29:31.59	9:30	24	00:26:23.61	8:29	13
	Lap 9 & 10	00:28:01.51	9:01	13	00:29:28.39	9:29	16						
7	8/65	3/11	1373	Otto Lam	Male	41	Wayne	NJ	10	00:25:16.37	04:12:43.79		
	Lap 1 to 4	00:23:31.84	7:34	8	00:23:27.14	7:32	9	00:23:19.89	7:30	7	00:23:06.96	7:26	7
	Lap 5 to 8	00:23:24.30	7:31	6	00:24:02.39	7:44	6	00:24:54.16	8:00	6	00:25:35.70	8:14	9
	Lap 9 & 10	00:29:17.06	9:25	16	00:32:04.32	10:19	22						
8	9/65	1/4	1367	David Huss	Male	30	Winchester	MA	10	00:25:28.03	04:14:40.36		
	Lap 1 to 4	00:25:54.50	8:20	15	00:24:48.07	7:58	13	00:24:43.30	7:57	13	00:24:10.47	7:46	11
	Lap 5 to 8	00:24:57.39	8:01	11	00:24:22.05	7:50	7	00:25:30.91	8:12	9	00:25:08.89	8:05	6
	Lap 9 & 10	00:27:20.75	8:48	8	00:27:43.99	8:55	7						
9	10/65	1/6	1425	Vijay Singh	Male	45	New York	NY	10	00:25:57.75	04:19:37.56		
	Lap 1 to 4	00:23:40.19	7:37	9	00:23:50.63	7:40	10	00:24:09.05	7:46	10	00:24:32.25	7:53	15
	Lap 5 to 8	00:25:10.61	8:06	14	00:26:07.71	8:24	13	00:27:06.65	8:43	14	00:27:29.32	8:50	18
	Lap 9 & 10	00:28:34.79	9:11	14	00:28:56.33	9:18	9						
10	11/65	2/6	1429	Gerald Tabios	Male	45	Elmhurst	NY	10	00:26:22.64	04:23:46.40		
	Lap 1 to 4	00:25:45.36	8:17	14	00:25:02.43	8:03	16	00:24:34.90	7:54	12	00:24:24.00	7:51	14
	Lap 5 to 8	00:25:08.54	8:05	13	00:25:52.14	8:19	11	00:27:16.72	8:46	15	00:28:37.82	9:12	19
	Lap 9 & 10	00:27:57.74	8:59	12	00:29:06.71	9:22	12						
11	12/65	2/6	1332	Stephen Dalton	Male	36	Floral Park	NY	10	00:26:24.38	04:24:03.82		
	Lap 1 to 4	00:26:51.71	8:38	23	00:26:29.00	8:31	21	00:25:25.61	8:11	16	00:29:54.85	9:37	35
	Lap 5 to 8	00:23:47.72	7:39	8	00:26:03.02	8:23	12	00:27:20.21	8:47	18	00:27:11.06	8:44	14
	Lap 9 & 10	00:26:00.65	8:22	5	00:24:59.96	8:02	3						
12	13/65	4/11	1354	Mitch Gould	Male	43	Woodbury	NY	10	00:26:27.25	04:24:32.57		
	Lap 1 to 4	00:25:59.76	8:22	16	00:24:56.19	8:01	15	00:24:25.32	7:51	11	00:24:23.61	7:51	12
	Lap 5 to 8	00:24:58.61	8:02	12	00:25:34.80	8:13	10	00:28:54.83	9:18	22	00:29:43.26	9:33	22
	Lap 9 & 10	00:26:29.10	8:31	6	00:29:07.07	9:22	14						

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Overall Results - Male

March 1, 2015

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
13	14/65	5/11	1456	Volodymyr Balatskyy	Male	43	Jamaica	NY	10	00:26:34.02	04:25:40.30		
	Lap 1 to 4	00:27:23.42	8:48	27	00:26:32.09	8:32	23	00:26:40.36	8:35	24	00:26:30.73	8:31	21
	Lap 5 to 8	00:26:20.16	8:28	19	00:26:43.01	8:35	16	00:26:02.68	8:22	11	00:26:16.19	8:27	11
	Lap 9 & 10	00:26:49.70	8:38	7	00:26:21.94	8:29	5						
14	15/65	6/11	1418	Gregory Roslonowski	Male	42	Bellerose	NY	10	00:26:40.97	04:26:49.70		
	Lap 1 to 4	00:24:35.63	7:54	11	00:24:54.06	8:00	14	00:26:50.93	8:38	25	00:24:23.82	7:51	13
	Lap 5 to 8	00:25:21.66	8:09	15	00:28:21.81	9:07	23	00:25:38.23	8:15	10	00:27:14.43	8:46	15
	Lap 9 & 10	00:29:21.39	9:26	17	00:30:07.73	9:41	20						
15	17/65	1/9	1389	Kevin Mc Dermott	Male	56	East Islip	NY	10	00:27:13.77	04:32:17.72		
	Lap 1 to 4	00:26:51.71	8:38	22	00:25:53.96	8:20	17	00:26:00.65	8:22	21	00:26:09.62	8:25	19
	Lap 5 to 8	00:26:18.28	8:27	18	00:27:18.09	8:47	17	00:27:20.01	8:47	17	00:27:27.37	8:50	16
	Lap 9 & 10	00:29:55.53	9:37	20	00:29:02.49	9:20	11						
16	18/65	1/1	1421	Alex Schneider	Male	24	Great Neck	NY	10	00:27:14.23	04:32:22.39		
	Lap 1 to 4	00:26:52.11	8:38	24	00:25:54.70	8:20	18	00:25:59.90	8:22	20	00:25:59.46	8:21	16
	Lap 5 to 8	00:26:27.57	8:30	20	00:27:18.56	8:47	18	00:27:20.56	8:48	19	00:27:27.65	8:50	17
	Lap 9 & 10	00:29:55.09	9:37	19	00:29:06.75	9:22	13						
17	19/65	2/4	1372	Paul Kentor	Male	30	Flushing	NY	10	00:27:45.81	04:37:38.16		
	Lap 1 to 4	00:26:32.77	8:32	21	00:26:54.44	8:39	25	00:27:26.93	8:50	31	00:31:19.57	10:04	42
	Lap 5 to 8	00:25:41.45	8:16	16	00:26:32.21	8:32	15	00:27:16.84	8:46	16	00:29:02.35	9:20	20
	Lap 9 & 10	00:27:52.61	8:58	11	00:28:58.96	9:19	10						
18	21/65	3/6	1430	Satoshi Takahashi	Male	49	Scarsdale	NY	10	00:28:27.85	04:44:38.51		
	Lap 1 to 4	00:22:22.48	7:12	4	00:21:54.69	7:03	4	00:22:22.56	7:12	4	00:23:18.43	7:30	9
	Lap 5 to 8	00:25:58.28	8:21	17	00:35:01.75	11:16	39	00:30:50.92	9:55	27	00:34:47.32	11:11	35
	Lap 9 & 10	00:34:07.83	10:59	28	00:33:54.22	10:54	29						
19	22/65	2/9	1311	John Abbate	Male	59	Yorktown Heights	NY	10	00:29:11.52	04:51:55.26		
	Lap 1 to 4	00:26:06.72	8:24	18	00:27:14.19	8:45	27	00:25:57.73	8:21	19	00:26:06.00	8:24	17
	Lap 5 to 8	00:26:37.59	8:34	21	00:27:26.50	8:49	19	00:29:16.15	9:25	23	00:33:32.92	10:47	31
	Lap 9 & 10	00:35:49.63	11:31	32	00:33:47.82	10:52	26						
20	24/65	3/4	1334	Deric Decicco	Male	31	Staten Island	NY	10	00:29:48.11	04:58:01.15		
	Lap 1 to 4	00:27:33.77	8:52	29	00:28:01.78	9:01	32	00:25:25.42	8:10	15	00:29:09.24	9:22	29
	Lap 5 to 8	00:27:58.02	9:00	25	00:52:50.64	17:00	62	00:24:02.85	7:44	4	00:25:30.45	8:12	7
	Lap 9 & 10	00:27:28.13	8:50	9	00:30:00.82	9:39	19						
21	25/65	2/5	1315	Alan Baisch	Male	53	Selden	NY	10	00:29:56.09	04:59:20.98		
	Lap 1 to 4	00:24:30.51	7:53	10	00:24:14.62	7:48	12	00:25:39.98	8:15	18	00:26:40.32	8:35	22
	Lap 5 to 8	00:27:59.68	9:00	26	00:30:56.29	9:57	28	00:33:02.26	10:37	33	00:34:34.31	11:07	34
	Lap 9 & 10	00:36:29.52	11:44	34	00:35:13.46	11:20	32						
22	26/65	4/6	1450	Luis Miguel Callao	Male	45	Locust Valley	NY	10	00:30:25.32	05:04:13.29		
	Lap 1 to 4	00:26:05.70	8:23	17	00:27:43.46	8:55	30	00:26:40.21	8:35	23	00:28:05.08	9:02	27
	Lap 5 to 8	00:28:44.11	9:14	29	00:34:18.74	11:02	38	00:30:03.35	9:40	26	00:32:12.00	10:21	28
	Lap 9 & 10	00:34:46.08	11:11	31	00:35:34.52	11:27	33						
23	27/65	1/4	1402	Bob Oberkehr	Male	60	Northvale	NJ	10	00:30:33.06	05:05:30.68		
	Lap 1 to 4	00:28:17.94	9:06	33	00:26:31.39	8:32	22	00:27:09.56	8:44	26	00:27:55.28	8:59	26
	Lap 5 to 8	00:28:39.25	9:13	28	00:32:27.20	10:26	31	00:31:23.77	10:06	29	00:33:16.89	10:42	30
	Lap 9 & 10	00:34:40.36	11:09	30	00:35:09.00	11:18	31						
24	30/65	7/11	1422	Bastiaan Schuttevaer	Male	44	Linden	NJ	10	00:31:26.76	05:14:27.69		
	Lap 1 to 4	00:28:32.96	9:11	34	00:30:56.63	9:57	43	00:29:31.05	9:30	36	00:30:13.04	9:43	37
	Lap 5 to 8	00:30:36.59	9:51	35	00:31:26.61	10:07	29	00:32:01.62	10:18	32	00:33:10.61	10:40	29
	Lap 9 & 10	00:33:33.27	10:47	26	00:34:25.28	11:04	30						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Non-Championship

Lap legend: (time, pace & place)

Overall Results - Male

March 1, 2015

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
25	33/65	8/11	1414	James Reitzig	Male	40	New York City	NY	10	00:33:03.79	05:30:37.91		
	Lap 1 to 4	00:32:44.13	10:32	50	00:30:30.21	9:49	42	00:33:59.90	10:56	54	00:38:38.25	12:26	63
	Lap 5 to 8	00:33:36.63	10:49	45	00:37:23.21	12:01	45	00:28:29.04	9:10	21	00:31:14.94	10:03	23
	Lap 9 & 10	00:31:09.79	10:01	22	00:32:51.79	10:34	24						
26	34/65	3/6	1383	Jason Magurno	Male	39	Carle Place	NY	10	00:33:06.37	05:31:03.73		
	Lap 1 to 4	00:28:58.27	9:19	37	00:28:07.56	9:03	33	00:30:54.65	9:56	41	00:30:15.48	9:44	38
	Lap 5 to 8	00:32:03.32	10:19	39	00:34:03.89	10:57	35	00:34:29.69	11:06	36	00:36:09.65	11:38	37
	Lap 9 & 10	00:36:19.72	11:41	33	00:39:41.45	12:46	36						
27	36/65	5/6	1391	Michael Mc Laughlin	Male	47	Massapequa Park	NY	10	00:34:04.32	05:40:43.25		
	Lap 1 to 4	00:31:57.59	10:17	45	00:30:26.26	9:47	41	00:27:38.31	8:53	32	00:30:00.29	9:39	36
	Lap 5 to 8	00:30:14.13	9:43	33	00:34:11.68	11:00	37	00:40:26.55	13:00	46	00:36:49.49	11:51	38
	Lap 9 & 10	00:38:55.59	12:31	37	00:40:03.33	12:53	37						
28	37/65	4/6	1447	Daisuke Yoshizawa	Male	35	Farmingdale	NY	10	00:34:12.58	05:42:05.85		
	Lap 1 to 4	00:29:03.48	9:21	38	00:28:43.45	9:14	35	00:29:36.96	9:31	38	00:30:51.50	9:55	40
	Lap 5 to 8	00:32:40.21	10:30	40	00:33:56.24	10:55	34	00:35:40.70	11:28	38	00:41:30.14	13:21	44
	Lap 9 & 10	00:38:53.92	12:31	36	00:41:09.22	13:14	38						
29	39/65	1/1	1412	Al Prawda	Male	67	Brooklyn	NY	10	00:34:55.43	05:49:14.33		
	Lap 1 to 4	00:29:18.55	9:25	39	00:30:00.72	9:39	39	00:31:13.29	10:02	42	00:31:45.29	10:13	43
	Lap 5 to 8	00:32:44.67	10:32	41	00:35:06.35	11:17	40	00:35:54.35	11:33	39	00:40:57.58	13:10	42
	Lap 9 & 10	00:40:24.55	13:00	38	00:41:48.96	13:27	39						
30	40/65	3/9	1329	Trishul Cherno	Male	57	Middle Village	NY	10	00:37:15.85	06:12:38.52		
	Lap 1 to 4	00:33:08.92	10:40	51	00:37:22.39	12:01	64	00:34:40.63	11:09	58	00:32:38.36	10:30	45
	Lap 5 to 8	00:33:14.78	10:42	42	00:36:16.27	11:40	42	00:37:43.61	12:08	41	00:42:59.13	13:50	47
	Lap 9 & 10	00:41:38.65	13:24	40	00:42:55.75	13:49	42						
31	41/65	3/5	1382	Jay Lustgarten	Male	54	Westerly	RI	10	00:37:31.61	06:15:16.16		
	Lap 1 to 4	00:33:33.12	10:47	56	00:32:46.07	10:32	50	00:33:08.00	10:39	51	00:35:27.72	11:24	55
	Lap 5 to 8	00:35:10.45	11:19	47	00:37:19.55	12:00	44	00:38:13.83	12:18	42	00:42:22.05	13:38	46
	Lap 9 & 10	00:41:57.40	13:30	41	00:45:17.93	14:34	46						
32	42/65	4/9	1327	Jeff Butler	Male	55	Shoreham	NY	10	00:37:46.88	06:17:48.81		
	Lap 1 to 4	00:30:40.31	9:52	43	00:32:34.03	10:28	48	00:33:59.84	10:56	53	00:35:18.08	11:21	54
	Lap 5 to 8	00:36:57.33	11:53	50	00:40:29.59	13:01	52	00:38:52.66	12:30	43	00:40:54.31	13:09	41
	Lap 9 & 10	00:45:54.31	14:46	47	00:42:08.32	13:33	40						
33	43/65	5/6	1375	Alberto Leal	Male	39	Brentwood	NY	10	00:37:58.28	06:19:42.84		
	Lap 1 to 4	00:36:05.44	11:36	61	00:30:13.93	9:43	40	00:30:01.31	9:39	40	00:31:06.56	10:00	41
	Lap 5 to 8	00:33:21.85	10:44	44	00:42:29.50	13:40	58	00:45:46.06	14:43	55	00:41:17.43	13:17	43
	Lap 9 & 10	00:44:29.56	14:19	43	00:44:51.17	14:26	45						
34	44/65	6/6	1353	Christopher Gilbert	Male	37	Hamden	CT	10	00:38:12.60	06:22:06.10		
	Lap 1 to 4	00:31:28.26	10:07	44	00:31:10.70	10:02	44	00:32:54.81	10:35	49	00:34:14.43	11:01	50
	Lap 5 to 8	00:36:26.38	11:43	49	00:46:20.77	14:55	61	00:40:59.25	13:11	48	00:38:53.97	12:31	39
	Lap 9 & 10	00:45:07.15	14:31	44	00:44:30.35	14:19	44						
35	45/65	5/9	1319	Michael Korol	Male	56	Syosset	NY	10	00:38:21.73	06:23:37.35		
	Lap 1 to 4	00:30:01.53	9:39	41	00:33:07.77	10:39	52	00:32:41.98	10:31	47	00:33:17.64	10:42	47
	Lap 5 to 8	00:38:39.38	12:26	55	00:38:32.28	12:24	46	00:42:43.27	13:44	51	00:46:58.28	15:07	54
	Lap 9 & 10	00:45:16.51	14:34	46	00:42:18.69	13:37	41						
36	46/65	4/5	1314	Bert Voland	Male	51	Patchogue	NY	10	00:38:55.88	06:29:18.81		
	Lap 1 to 4	00:33:32.72	10:47	55	00:35:22.63	11:23	58	00:34:26.60	11:05	55	00:35:46.31	11:30	56
	Lap 5 to 8	00:35:13.02	11:20	48	00:40:12.62	12:56	51	00:49:57.24	16:04	59	00:39:34.76	12:44	40
	Lap 9 & 10	00:41:23.22	13:19	39	00:43:49.67	14:06	43						

Caumsett Park 50K Championship and GLIRC 25K Run

50K Non-Championship

Lap legend: (time, pace & place)

Overall Results - Male

March 1, 2015

Place	overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Laps	Ave Lap Time	Time		
37	48/65	2/4	1336	Lee Dickey	Male	61	Dracut	MA	10	00:40:27.24	06:44:32.49		
	Lap 1 to 4	00:39:35.20	12:44	63	00:35:27.68	11:24	59	00:36:18.80	11:41	60	00:37:06.12	11:56	58
	Lap 5 to 8	00:38:57.66	12:32	57	00:39:30.49	12:42	49	00:41:51.01	13:28	50	00:44:01.70	14:10	51
	Lap 9 & 10	00:45:15.26	14:33	45	00:46:28.54	14:57	49						
38	49/65	6/9	1379	Larry D. Lewis	Male	57	Brooklyn	NY	10	00:40:52.65	06:48:46.54		
	Lap 1 to 4	00:32:15.25	10:22	46	00:33:21.85	10:44	54	00:36:26.84	11:43	61	00:34:35.32	11:07	52
	Lap 5 to 8	00:39:48.32	12:48	60	00:40:35.61	13:03	53	00:41:41.10	13:24	49	00:53:34.87	17:14	56
	Lap 9 & 10	00:47:38.24	15:19	53	00:48:49.11	15:42	51						
39	50/65	6/6	1348	Michael Fred	Male	49	Wantagh	NY	10	00:40:55.03	06:49:10.38		
	Lap 1 to 4	00:40:35.87	13:03	64	00:36:20.01	11:41	61	00:31:42.25	10:12	44	00:30:42.39	9:52	39
	Lap 5 to 8	00:37:58.90	12:13	54	00:38:44.03	12:27	47	00:44:33.13	14:20	53	00:46:22.89	14:55	53
	Lap 9 & 10	00:46:38.04	15:00	51	00:55:32.84	17:52	54						
40	52/65	3/4	1349	Fred Freutel	Male	63	Valley Stream	NY	10	00:41:17.56	06:52:55.65		
	Lap 1 to 4	00:34:28.23	11:05	58	00:37:00.03	11:54	63	00:37:41.94	12:08	63	00:38:14.54	12:18	62
	Lap 5 to 8	00:41:08.14	13:14	61	00:40:38.67	13:04	54	00:47:32.87	15:18	56	00:43:31.19	14:00	49
	Lap 9 & 10	00:46:19.86	14:54	49	00:46:20.13	14:54	48						
41	54/65	5/5	1458	Chuck Thomas	Male	51	Melville	NY	10	00:41:55.44	06:59:14.46		
	Lap 1 to 4	00:33:36.98	10:49	57	00:34:56.94	11:14	57	00:37:26.83	12:03	62	00:36:54.10	11:52	57
	Lap 5 to 8	00:41:29.97	13:21	63	00:44:24.99	14:17	60	00:45:29.01	14:38	54	00:44:46.82	14:24	52
	Lap 9 & 10	00:48:38.62	15:39	54	00:51:30.18	16:34	52						
42	57/65	4/4	1408	Ronald Joseph	Male	31	Far Rockaway	NY	7	00:22:34.11	02:37:58.77		
	Lap 1 to 4	00:21:27.23	6:54	2	00:21:20.60	6:52	3	00:21:18.02	6:51	2	00:22:54.63	7:22	5
	Lap 5 to 8	00:21:47.38	7:00	1	00:22:21.25	7:11	2	00:26:49.63	8:38	13			
	Lap 9 & 10												
43	58/65	7/9	1328	Tim Carroll	Male	58	East Islip	NY	7	00:28:43.61	03:21:05.33		
	Lap 1 to 4	00:27:11.24	8:45	25	00:26:48.51	8:37	24	00:27:18.60	8:47	28	00:27:39.30	8:54	25
	Lap 5 to 8	00:28:56.90	9:19	30	00:29:35.42	9:31	24	00:33:35.34	10:48	35			
	Lap 9 & 10												
44	59/65	8/9	1324	Ted Blaszczyk	Male	55	St. James	NY	7	00:33:23.90	03:53:47.30		
	Lap 1 to 4	00:28:40.27	9:13	35	00:29:04.01	9:21	37	00:29:42.67	9:33	39	00:29:46.52	9:35	33
	Lap 5 to 8	00:31:52.32	10:15	38	00:36:56.49	11:53	43	00:47:45.00	15:22	58			
	Lap 9 & 10												
45	60/65	9/11	1451	Joseph Zimmerman	Male	44	New York	NY	7	00:38:21.61	04:28:31.33		
	Lap 1 to 4	00:32:37.83	10:30	49	00:33:03.95	10:38	51	00:35:43.36	11:29	59	00:35:14.14	11:20	53
	Lap 5 to 8	00:37:02.50	11:55	51	00:44:06.20	14:11	59	00:50:43.33	16:19	60			
	Lap 9 & 10												
46	62/65	10/11	1381	Albert Lione	Male	41	Shelton	CT	6	00:36:22.85	03:38:17.10		
	Lap 1 to 4	00:32:32.14	10:28	47	00:33:29.37	10:46	56	00:34:36.46	11:08	56	00:37:23.78	12:02	60
	Lap 5 to 8	00:39:26.84	12:41	59	00:40:48.50	13:08	56						
	Lap 9 & 10												
47	63/65	9/9	1352	Wayne Gibbons	Male	55	Rochelle Park	NJ	5	00:36:44.74	03:03:43.74		
	Lap 1 to 4	00:32:33.96	10:28	48	00:33:18.63	10:43	53	00:33:04.52	10:38	50	00:40:30.23	13:02	64
	Lap 5 to 8	00:44:16.39	14:14	64									
	Lap 9 & 10												
48	64/65	4/4	1407	Ed Peters	Male	63	Norwalk	CT	5	00:40:20.11	03:21:40.57		
	Lap 1 to 4	00:38:52.71	12:30	62	00:37:41.72	12:07	65	00:43:05.23	13:52	65	00:42:45.17	13:45	65
	Lap 5 to 8	00:39:15.73	12:38	58									
	Lap 9 & 10												

Caumsett Park 50K Championship and GLIRC 25K Run

50K Non-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	65/65	11/11	1346	Rob Festa	Male	43	Lindenhurst	NY	4	00:27:46.34	01:51:05.39		
	Lap 1 to 4	00:27:27.27	8:50	28	00:26:21.94	8:29	20	00:27:23.43	8:48	29	00:29:52.74	9:37	34
	Lap 5 to 8												
	Lap 9 & 10												