

Results Report - Overall Results

2013 Shawangunk Valley 10/13/2013 5 miler

Place	Bib Name	XAg Hometown	Age PI	Pace	Time
1	421 Chow, Mike	M34 Wappingers Falls N	1 of 7	05:29	27:25.93
2	527 Robinson, Knox	M38 Beacon NY	2 of 7	05:35	27:57.46
3	482 Slinsky, Mike	M44 Hopewell NY	1 of 13	05:37	28:02.65
4	526 Hambleton, David	M40 Standfordville NY	2 of 13	06:03	30:14.79
5	516 Sellstrom, John	M41 Liberty NY	3 of 13	06:18	31:31.08
6	411 Basting, Ryan	M23 Carmel NY	1 of 7	06:19	31:33.61
7	487 Thurston, Donald	M47 Pine Bush NY	4 of 13	06:19	31:35.46
8	477 Sellstrom, Erik	M42 Liberty NY	5 of 13	06:30	32:27.56
9	525 Fitzmaurice, Ed	M53 Hyde Park NY	1 of 23	06:45	33:43.39
10	517 Schallenkamp, Steve	M59 Kingston NY	2 of 23	06:53	34:24.83
11	437 Gagliardi, Thomas	M13 Poughkeepsie NY	1 of 3	07:02	35:12.30
12	416 Boyko, Arthur	M47 Poughkeepsie NY	6 of 13	07:03	35:14.46
13	443 Insignares, Patty	F52 Goshen NY	1 of 10	07:05	35:23.99
14	406 Andryshak, Thomas	M47 Florida NY	7 of 13	07:05	35:24.57
15	508 Fitzpatrick, Paul	M58 Pleasant Valley NY	3 of 23	07:05	35:27.35
16	518 Schneider, Bill	M55 Barryville NY	4 of 23	07:08	35:39.08
17	519 Quinn, Rachel	F21 Goshen NY	1 of 14	07:12	35:59.63
18	474 Schiffer, Jacqueline	F49 Olivebridge NY	1 of 8	07:19	36:35.63
19	478 Shimada, Akira	M44 New Paltz NY	8 of 13	07:27	37:13.99
20	524 Emigh, Erika	F51 Wallkill NY	2 of 10	07:30	37:32.27
21	528 Tuthill, Emily	F28 Pine Bush NY	2 of 14	07:34	37:49.06
22	509 Beattie, Jean	F43 Florida NY	2 of 8	07:35	37:57.06
23	454 Mercado, Madeline	F17 Palenville NY	1 of 2	07:38	38:09.96
24	472 Reilly, Rob	M50 Wayne NJ	5 of 23	07:38	38:12.26
25	522 Zuidema, Carl	M65 Warwick NY	1 of 10	07:39	38:15.24
26	511 Rifkin, Kathleen	F50 Middletown NY	3 of 10	07:41	38:25.39
27	497 White, Diane	F50 Beacon NY	4 of 10	07:42	38:27.55
28	458 Moore, David	M51 Pine Bush NY	6 of 23	07:42	38:28.50
29	521 Nowak, Jr, Martin	M50 Middletown NY	7 of 23	07:45	38:43.45
30	405 Andryshak, Joann	F43 Florida NY	3 of 8	07:45	38:46.67
31	496 Waterman, Bob	M46 Middletown NY	9 of 13	07:46	38:51.09
32	480 Singer, John	M73 Suffern NY	1 of 4	07:52	39:18.15
33	447 Lange, Cheryl	F50 Wappingers Falls N	5 of 10	07:52	39:21.38
34	450 MacDonald, Lorne	M68 Sussex NJ	2 of 10	07:54	39:28.43
35	476 Selcov, Robert	M60 Hyde Park NY	3 of 10	07:54	39:31.93
36	457 Monchak, John	M62 Tafton PA	4 of 10	07:59	39:52.51
37	444 Insignares, Jamie	M59 Goshen NY	8 of 23	08:01	40:03.98

Place	Bib Name	XAg Hometown	Age PI	Pace	Time
38	425 Daley, Thomas	M27 Wappingers Falls N	2 of 7	08:03	40:13.88
39	500 Rosenberg, Bill	M72 Wallkill NY	2 of 4	08:03	40:14.60
40	431 Dimaria, Nick	M30 Middletown NY	3 of 7	08:03	40:16.22
41	489 Valentine, Joellen	F39 Gardiner NY	1 of 9	08:06	40:30.13
42	449 Lundberg, Leah	F32 Milton NY	2 of 9	08:07	40:32.84
43	473 RUso, Anthony	M27 Milton NY	3 of 7	08:07	40:33.58
44	507 LaFrance, Les	M55 New Windsor NY	9 of 23	08:09	40:47.17
45	484 Speranza, Andrew	M32 Rock Tavern NY	4 of 7	08:11	40:52.63
46	513 Robillard, Richard	M63 Chester NY	5 of 10	08:12	41:02.13
47	434 Freiler, Michael	M47 Hopewell NY	10 of 13	08:17	41:24.18
48	514 Pfeister, Jennifer	F50 Rock Hill NY	6 of 10	08:26	42:07.57
49	461 Owens, Harry	M55 Beacon NY	10 of 23	08:26	42:11.36
50	418 Burke, Laura	F23 Carmel NY	3 of 14	08:26	42:11.72
51	423 Coppinger, Rich	M61 Milton NY	6 of 10	08:28	42:17.58
52	452 Mauro, Wendy	F53 Poughkeepsie NY	7 of 10	08:28	42:22.48
53	436 Gagliardi, Elizabeth	F16 Poughkeepsie NY	2 of 2	08:29	42:24.95
54	435 Friedmann, Bruce	M64 Walden NY	7 of 10	08:32	42:39.81
55	417 Brown, Eric	M53 Newburgh NY	11 of 23	08:34	42:48.09
56	401 Allen, Jim	M63 Millbrook NY	8 of 10	08:34	42:51.97
57	504 Groszek, Dane	M59 Middletown NY	12 of 23	08:35	42:56.32
58	459 Nam, Richard	M30 New York NY	5 of 7	08:36	43:00.47
59	520 Quinn, Mike	M51 Goshen NY	13 of 23	08:37	43:02.61
60	466 Phillips, Sharon	F51 Middletown NY	8 of 10	08:37	43:06.53
61	428 Deck, Joe	M28 Modena NY	4 of 7	08:43	43:35.90
62	506 Hanheide, Rick	M62 Wallkill NY	9 of 10	08:45	43:46.96
63	512 Gillespie, Jerry	M42 Hoboken NJ	11 of 13	08:48	43:57.91
64	404 Andrews Jr, Michael	M15 Beacon NY	1 of 1	08:51	44:13.10
65	465 Petraglia, Daria	F46 Philadelphia PA	4 of 8	08:52	44:21.16
66	470 Ramos, Pastor	M51 Monticello NY	14 of 23	08:52	44:21.80
67	427 Deck, Amanda	F29 Modena NY	4 of 14	08:53	44:26.37
68	424 Daley, Jessica	F22 Wappingers Falls N	5 of 14	08:53	44:27.00
69	453 Mcdonough, Christopher	M38 Wallkill NY	6 of 7	08:56	44:39.22
70	432 Disdier, Monica	F38 Wallkill NY	3 of 9	08:56	44:39.77
71	468 Prendys, Christopher	M24 Middletown NY	5 of 7	08:58	44:50.86
72	462 Pantano, Fran	F56 Walden NY	9 of 10	08:58	44:51.75
73	419 Casaregola, Joe	M55 Hopewell NY	15 of 23	08:59	44:54.52
74	510 Baxter, Amanda	F27 Poughkeepsie NY	6 of 14	09:00	45:01.19
75	483 Smilowitz, Alyssa	F27 Poughkeepsie NY	7 of 14	09:00	45:01.46
76	491 Veltre, Mary	F53 Poughkeepsie NY	10 of 10	09:05	45:25.32
77	495 Walsh, Chris	F60 Brewster NY	1 of 4	09:06	45:29.41

Place	Bib Name	XAg Hometown	Age PI	Pace	Time
78	501 Folster, Tiffany	F29 Milton NY	8 of 14	09:12	45:57.89
79	494 Waldron, Erika	F37 Beacon NY	4 of 9	09:14	46:11.61
80	403 Andrews, Victoria	F45 Beacon NY	5 of 8	09:14	46:12.29
81	402 Andrews, Michael	M49 Beacon NY	12 of 13	09:15	46:17.47
82	486 Thomas, John	M74 Hyde Park NY	3 of 4	09:16	46:19.56
83	433 Filannino, Roger	M56 Montgomery NY	16 of 23	09:21	46:43.25
84	410 Axelrod, Colleen	F43 Lagrangeville NY	6 of 8	09:21	46:45.43
85	503 Lacenere, John	M10 Middletown NY	2 of 3	09:26	47:08.01
86	440 Greenblatt, Katherine	F25 Beacon NY	9 of 14	09:26	47:08.91
87	439 Grant, Jason	M55 Brewster NY	17 of 23	09:28	47:21.97
88	464 Paslawski, Bryn	F27 New York NY	10 of 14	09:30	47:27.59
89	515 Melendez, Fernando	M50 Port Jervis NY	18 of 23	09:40	48:18.83
90	415 Bowen, Charles	M56 Chester NY	19 of 23	09:43	48:35.13
91	460 Naranjo, Alfonso	M57 Beacon NY	20 of 23	09:46	48:49.32
92	455 Mercer, Erica	F22 Wappingers Falls N	11 of 14	09:54	49:31.88
93	430 Diaz, Ralph Jr.	M12 Newburgh NY	3 of 3	09:54	49:32.44
94	445 Karron, Joan	F9 Saugerties NY	1 of 1	09:56	49:37.64
95	429 Diaz, Ralph	M48 Newburgh NY	13 of 13	09:56	49:40.09
96	413 Benash, Shelita	F49 Wallkill NY	7 of 8	09:58	49:49.90
97	448 Lee, Janet	F30 Rock Tavern NY	5 of 9	10:02	50:11.54
98	467 Policastriááááá, Fred	M73 High Falls NY	4 of 4	10:05	50:22.59
99	481 Sisco, Aja	F30 Saugerties NY	6 of 9	10:11	50:53.63
100	505 Richers, Stephanie	F29 Kingston NY	12 of 14	10:11	50:53.89
101	475 Sciba, Kylie	F23 Hopewell NY	13 of 14	10:15	51:13.88
102	471 Razvi, Summar	F31 Millbrook NY	7 of 9	10:24	51:57.78
103	488 Turbides, Claudia	F34 Beacon NY	8 of 9	10:25	52:03.78
104	529 Domac, Nicholas	M24 Highland NY	6 of 7	10:30	52:29.67
105	463 Parmalee, Patty Lee	F73 Wallkill NY	1 of 2	10:39	53:17.20
106	441 Hagelmann, Ken	M66 Newburgh NY	10 of 10	10:41	53:24.86
107	485 Stallman, Nicole	F23 Little Falls NY	14 of 14	10:58	54:51.47
108	442 Haven, Connie	F64 Poughkeepsie NY	2 of 4	11:09	55:45.72
109	499 Zaoutis, Ted	M52 Wallkill NY	21 of 23	11:27	57:15.46
110	490 Vas, Usha	F49 Wallkill NY	8 of 8	11:39	58:13.17
111	422 Cichoski, Lynn	F38 Newburgh NY	9 of 9	11:50	59:10.66
112	479 Singer, Ann	F70 Suffern NY	2 of 2	12:04	01:00:18.93
113	407 Anel, Gabriel	M39 Beacon NY	7 of 7	12:13	01:01:07.27
114	469 Rabadí, Refat	M51 Poughkeepsie NY	22 of 23	13:09	01:05:47.48
115	426 Davies, Kathleen	F67 Hilburn NY	3 of 4	13:24	01:07:02.45
116	420 Chafetz, Harry	M83 Hyde Park NY	1 of 1	13:44	01:08:40.46
117	523 Smith, David	M27 Middletown NY	7 of 7	13:54	01:09:28.29

Place	Bib Name	XAg Hometown	Age Pl	Pace	Time
118	493 Volaski, Rose	F61 Goshen NY	4 of 4	13:56	01:09:41.10
119	438 Goran, Steven	M55 Poughkeepsie NY	23 of 23	20:12	01:41:00.00

Total Race: 119