

2015 Short Run on a Long Day 5K

Age Group Results

Race Date

June 17, 2015

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kristin Kotara		37	8334	11	19:41.6	6:21/M

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Fredric Nielsen		38	8397	1	16:37.1	5:22/M

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No age provided

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brad Becker		0	7964	85	24:12.6	7:48/M

Female 1 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	carly shipman		11	8720	90	24:37.3	7:56/M
2	Lily Molloy		9	7961	127	26:29.6	8:33/M
3	Kendall Reh		12	8491	158	27:54.3	9:00/M
4	Maura Hanrahan		9	7982	169	28:46.5	9:17/M
5	Mallory Fortier		14	7889	187	29:30.9	9:31/M
6	Ashley West		9	8776	212	30:43.6	9:55/M
7	Erika Ho		11	7197	227	31:18.6	10:06/M
8	Jaya Veerapaneni		8	8770	236	31:53.7	10:17/M
9	Sydney West		12	8780	249	32:34.4	10:30/M
10	Theresa Rincker		10	7956	256	32:41.7	10:33/M
11	Winona Hearne		12	7989	287	34:21.5	11:05/M
12	ADDISON WINCHEL		10	8790	309	35:54.8	11:35/M
13	Mia Conway		9	7857	312	36:10.9	11:40/M
14	Riley Borden		10	7829	315	36:21.1	11:44/M
15	Brenna Lovell		8	8350	350	39:27.4	12:44/M
16	Kacie Chantelois		12	7849	351	39:29.8	12:44/M
17	Nadia Bowden		8	8200	365	41:50.2	13:30/M
18	Kate Malcom		10	8362	366	41:51.8	13:30/M
19	Maggie Brown		8	7836	369	41:58.1	13:32/M
20	Camryn Nass		6	8393	397	48:51.6	15:45/M
21	Kaitlyn Nass		6	8395	398	48:52.6	15:46/M
22	Isabelle Tillson		4	8756	408	53:52.9	17:23/M
23	Savannah Hernandez		14	7998	416	1:05:13.2	21:02/M

Male 1 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brett Gardner		13	7899	3	17:55.3	5:47/M
2	Kyle Sterling		13	8741	12	19:52.4	6:25/M
3	Christopher Borschnack		14	7830	14	19:56.5	6:26/M
4	Jacob Heimlich		13	7993	38	21:25.3	6:55/M
5	Chase Jankowski		13	8316	42	21:42.6	7:00/M
6	Justin Hearne		14	7987	50	22:00.7	7:06/M
7	Cameron Kavanaugh		13	8325	51	22:03.6	7:07/M
8	Ian Troester		12	8765	56	22:17.4	7:11/M
9	Luke Haan		14	7977	77	23:34.4	7:36/M

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Male 1 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
10	Alex Kruzich		14	8280	91	24:38.9	7:57/M
11	Alex Desjardins		13	7392	129	26:45.1	8:38/M
12	David Ho		9	6700	130	26:45.1	8:38/M
13	Eion Kelly		11	8331	133	26:48.4	8:39/M
14	Nicholas Meiners		13	8801	134	26:48.4	8:39/M
15	Landon Mensik		9	7576	141	27:17.2	8:48/M
16	Sean Hanrahan		8	7983	147	27:30.3	8:52/M
17	Branden Meyer		9	8294	148	27:33.3	8:53/M
18	Ben Malcom		12	8360	151	27:37.5	8:55/M
19	Tommy Snider		11	8738	155	27:50.6	8:59/M
20	Collin Mowry		9	8292	167	28:39.2	9:15/M
21	Jackson Burda		8	7838	185	29:28.8	9:30/M
22	Daniel O'Connor		8	7630	213	30:46.9	9:55/M
23	Ian McKinney		11	8372	215	30:49.8	9:56/M
24	Noah Mize		12	8380	237	32:04.8	10:21/M
25	Charlie Hunt		8	8310	238	32:05.3	10:21/M
26	Quinn Borden		8	7828	244	32:18.5	10:25/M
27	Luke Mensik		7	7499	264	33:00.6	10:39/M
28	Dominic Rincker		11	8497	266	33:03.9	10:40/M
29	nick leese		11	8340	268	33:08.4	10:41/M
30	Mason Metschke		8	8375	291	34:35.7	11:09/M
31	Nicholas Cutaia		9	7866	306	35:48.3	11:33/M
32	Finnesan Hughes		7	7965	330	37:18.9	12:02/M
33	Caleb Christos		6	7855	336	37:33.5	12:07/M
34	Casey Borden		12	7827	341	38:08.8	12:18/M
35	Flynn Meyer		6	8295	343	38:15.1	12:20/M
36	Evan Slager		11	8725	376	43:01.8	13:53/M
37	Leo McKinney		8	8373	377	43:23.1	14:00/M
38	michael leese		8	8339	391	47:50.7	15:26/M
39	Yahui Bednar		9	7697	395	48:37.5	15:41/M
40	Joseph Lundgren		10	8353	402	50:55.8	16:25/M

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Elaine Trinh		19	8764	92	24:43.3	7:58/M
2	Kassie Mora		16	8386	128	26:41.5	8:36/M
3	Shannon Cooley		16	7860	203	30:22.2	9:48/M
4	Sarah Jawor		16	6697	248	32:33.8	10:30/M
5	Sara Cooley		16	7859	281	34:07.1	11:00/M
6	Emma DeBruyn		15	7872	284	34:08.9	11:01/M
7	Lauren Caacciolo		19	8043	292	34:39.2	11:11/M

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Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
8	Haley Fioretti		15	7496	359	40:00.7	12:54/M
9	Brooke Braun		19	7575	404	51:43.1	16:41/M

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ben Hedges		19	7991	2	17:12.4	5:33/M
2	Jake West		16	8777	6	18:36.3	6:00/M
3	Tim Neukom		15	8396	8	18:54.2	6:06/M
4	Konrad Shirloy		15	8721	15	20:06.7	6:29/M
5	Collin Kavanaugh		16	8326	17	20:11.1	6:31/M
6	Mitchell Troester		15	8767	18	20:14.3	6:32/M
7	Jared Haan		19	7976	33	21:21.8	6:53/M
8	Kyle Slager		18	8727	46	21:50.8	7:03/M
9	Will Carlson		15	7846	62	22:41.1	7:19/M
10	Nate Slager		15	8728	76	23:33.2	7:36/M
11	Jacob Caacciolo		17	8018	125	26:24.2	8:31/M
12	Jack Malcom		15	8361	342	38:09.2	12:18/M

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sinead McCarron		24	8368	181	29:22.7	9:28/M
2	Ann Wedell		24	8775	183	29:23.1	9:29/M
3	Carly Tribbia		23	8761	223	31:11.8	10:04/M
4	Julie Schaver		20	8713	255	32:41.3	10:33/M
5	Ashley Baldyga		20	7692	274	33:37.8	10:51/M
6	Danielle Chavez		22	7851	294	34:45.9	11:13/M
7	Megan Zwier		22	7394	299	35:05.1	11:19/M
8	Jennifer Athans		23	7388	335	37:30.1	12:06/M
9	Nicole Petitti		24	8476	352	39:31.2	12:45/M

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Josh Slager		20	8726	21	20:36.3	6:39/M
2	Jake Aleck		21	8288	60	22:29.2	7:15/M
3	Micah Bruinsma		22	7393	300	35:05.1	11:19/M

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Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sarah Hamm		28	7980	64	22:46.5	7:21/M
2	Catie Keating		25	8328	208	30:32.7	9:51/M
3	Emily Tribbia		26	8762	225	31:13.6	10:04/M
4	Kate Aldridge		28	7686	304	35:29.8	11:27/M
5	Mary Brija		29	7835	307	35:49.8	11:33/M
6	Megan Sanders		26	8709	333	37:24.1	12:04/M
7	Amber Willmer		25	8785	374	42:49.1	13:49/M

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michael Hamm		26	7529	61	22:40.3	7:19/M
2	Gregg Voboril		25	8263	74	23:22.6	7:32/M
3	Steven Hamm		28	7981	102	25:18.3	8:10/M
4	Steve Adent		26	8804	219	31:03.4	10:01/M
5	Joseph Sanders		28	8708	337	37:35.3	12:07/M

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kim Smith		34	8733	26	20:53.3	6:44/M
2	Caroline Gerritsen		33	7555	30	21:13.4	6:51/M
3	Katie Pohlmeier		33	8483	34	21:22.5	6:54/M
4	Nicole Fritz		32	7892	44	21:44.7	7:01/M
5	Nicole Woods		32	7399	89	24:31.4	7:55/M
6	Megan Svetkovich		33	8748	96	24:55.6	8:02/M
7	Kristyn Slick		30	8730	123	26:18.5	8:29/M
8	Andrea Bippus		32	7822	136	26:52.2	8:40/M
9	Keely Fritz		32	7652	142	27:18.1	8:48/M
10	Jenna Cunningham		32	7629	174	28:56.7	9:20/M
11	Lauren Sawatski		32	8711	176	29:02.8	9:22/M
12	Meghan Tillson		32	8757	180	29:20.6	9:28/M
13	Angela Boesel		32	7824	189	29:36.6	9:33/M
14	Amanda Hoffer		32	8303	206	30:30.6	9:50/M
15	Katie Stempniak		33	8740	221	31:06.3	10:02/M
16	Michelle Ziesmer		34	8797	261	32:55.8	10:37/M
17	Maggie Jalcovik		34	8313	262	32:59.2	10:38/M
18	Casey Brauch		32	7831	275	33:39.3	10:51/M
19	Toni Zukowski		32	8799	286	34:21.3	11:05/M
20	Christina Lotfi		31	8349	288	34:22.6	11:05/M
21	Cynthia Saldana		34	8707	301	35:21.5	11:24/M

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June 17, 2015

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
22	Jessica Petrow		34	8479	310	35:56.3	11:35/M
23	Nikita Shah		33	8717	332	37:22.6	12:03/M
24	Kimberly Rosenthal		31	8701	347	39:11.1	12:38/M
25	Megan Rasche		30	8488	393	48:03.5	15:30/M

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Dan Woods		33	7398	4	18:13.3	5:53/M
2	Justin Lohrens		34	8348	54	22:04.8	7:07/M
3	Patrick Mackenzie		32	7400	80	23:41.5	7:38/M
4	Daniel Vidro		34	8772	81	23:42.8	7:39/M
5	Ryan Talaga		34	8750	83	23:46.2	7:40/M
6	Daniel Steffy		34	8132	94	24:52.1	8:01/M
7	Justin Kilchenmann		33	8332	100	25:11.8	8:07/M
8	Christopher Sharkey		31	8278	116	25:48.1	8:19/M
9	Scott Hopkins		33	8307	152	27:39.8	8:55/M
10	Stan Janota		32	8318	245	32:20.7	10:26/M
11	Mark Jalcovik		34	8314	263	32:59.6	10:38/M
12	Kevin Brauch		34	7832	276	33:39.3	10:51/M
13	Derek Taylor		30	8751	293	34:44.1	11:12/M
14	Mark Smith		30	8734	303	35:29.3	11:27/M
15	John Hieber		31	8000	339	37:51.8	12:13/M
16	Sanjay Shah		33	8718	355	39:46.1	12:50/M
17	Bryan Rasche		32	8487	399	48:55.1	15:47/M

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Carrie Forystek		36	7890	13	19:54.3	6:25/M
2	Michelle Reising		36	8493	53	22:04.5	7:07/M
3	Susan Lundgren		36	8354	101	25:13.3	8:08/M
4	Nichole Redden		35	8490	132	26:47.8	8:38/M
5	Tracy O'Brian		35	8282	138	27:04.2	8:44/M
6	Katie Gnade		38	7971	150	27:36.4	8:54/M
7	Alicia Bolanos		39	7825	154	27:42.1	8:56/M
8	Missy Moreno		36	8390	163	28:19.3	9:08/M
9	Karin Wagner		38	8774	168	28:41.8	9:15/M
10	Tara Hanrahan		38	7984	170	28:48.3	9:17/M
11	Tiffany Ossowski		38	8463	173	28:56.7	9:20/M
12	Leann Sonne		35	7948	175	28:58.9	9:21/M

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Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
13	Karrie Cummings		37	8800	178	29:13.3	9:25/M
14	Annabelle Veerapaneni		38	8769	186	29:29.6	9:31/M
15	Anna DeGroot		35	7873	192	29:49.2	9:37/M
16	April Kamba		35	8323	194	29:54.8	9:39/M
17	Becky Burge		37	7840	198	30:10.8	9:44/M
18	Brie Monks		37	7390	210	30:41.3	9:54/M
19	Mary Kay Henry		35	7996	214	30:48.3	9:56/M
20	Toni Mohorek		36	8382	222	31:08.1	10:03/M
21	Terri Nielson		39	8398	232	31:48.6	10:15/M
22	Meghan Schacht		35	8712	240	32:14.2	10:24/M
23	Amanda Wierenga		36	8783	241	32:14.6	10:24/M
24	Karolina Hogueisson		36	8305	253	32:38.8	10:32/M
25	Sara Anaszewicz		37	7727	257	32:44.7	10:34/M
26	Heather Mensik		39	7500	267	33:06.1	10:41/M
27	Stephanie Dawson		38	7871	270	33:13.1	10:43/M
28	Theresa Tabor		37	8749	283	34:07.8	11:00/M
29	julie amico		37	7688	290	34:34.7	11:09/M
30	Kristin Hartmann		39	7986	296	34:52.1	11:15/M
31	Christine Buban		35	7837	305	35:32.3	11:28/M
32	Carley Metschke		39	8374	316	36:25.9	11:45/M
33	Beth Hunt		38	8309	318	36:51.8	11:53/M
34	Jessica Templeton		39	8752	319	36:52.9	11:54/M
35	Jeanna Leonas		35	8345	321	37:04.7	11:57/M
36	Lisa Wojcik		39	8791	323	37:06.8	11:58/M
37	Jannelle Allen		37	7687	327	37:15.9	12:01/M
38	Becky Johnson		37	8321	328	37:16.9	12:01/M
39	Melissa Madorma		37	8359	334	37:29.7	12:05/M
40	Alicia Meyer		37	8291	344	38:17.5	12:21/M
41	Amy Gess		37	7969	368	41:56.8	13:32/M
42	Meghan McCauley-Brown		35	8369	370	41:59.7	13:33/M
43	Betsy Sejud		37	8716	371	42:06.8	13:35/M
44	fiona power tuohy		39	8484	379	44:05.3	14:13/M
45	Lilia Davila		36	7870	383	44:56.2	14:30/M
46	Kelly Leonard		37	8344	390	46:34.3	15:01/M
47	Heather Nass		39	8394	396	48:46.8	15:44/M
48	Shaneka Stanley		38	8739	411	55:03.8	17:45/M
49	Araceli Gallegos		38	7894	413	55:46.4	17:59/M

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Scott Monks		39	7389	16	20:08.5	6:30/M

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Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Matthew Bowden		37	8195	19	20:15.1	6:32/M
3	Eric Arndt		38	7963	37	21:23.3	6:54/M
4	Nicholas Oswald		36	7396	41	21:37.1	6:58/M
5	Brian Rincker		38	8496	52	22:03.8	7:07/M
6	Steven Evenboure		35	7397	65	22:47.3	7:21/M
7	Gerard Gnade		35	7970	104	25:19.6	8:10/M
8	Dan Henry		37	7995	108	25:27.5	8:13/M
9	Neil Gomez		37	7972	112	25:35.2	8:15/M
10	Vince Reh		39	8492	159	27:55.3	9:00/M
11	John Cesario		35	8211	164	28:20.5	9:08/M
12	Santiago Garcia-Mendoza		39	8283	205	30:27.1	9:49/M
13	Matt Hoffer		35	8304	207	30:31.3	9:51/M
14	Larry Jennings		39	8320	320	36:53.7	11:54/M
15	Ryan Petrow		37	8480	324	37:07.3	11:58/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Stephanie Ebert		43	7882	43	21:42.9	7:00/M
2	JESSICA OCONNOR		43	8399	48	21:55.3	7:04/M
3	Jennifer Traina		44	7495	67	22:49.6	7:22/M
4	Pauline Luttrell		44	7949	84	24:04.1	7:46/M
5	Alison Gannon		40	7896	103	25:19.2	8:10/M
6	Heather Russo		41	8703	106	25:20.8	8:10/M
7	Rachel Smith		41	8735	107	25:25.6	8:12/M
8	Leann Snider		41	8737	109	25:30.1	8:14/M
9	betsy shipman		42	8719	111	25:33.6	8:15/M
10	Molly Moran		42	8388	115	25:47.5	8:19/M
11	Kelly DiFiore		41	7878	118	25:50.9	8:20/M
12	Jodi Haefner		42	7978	120	25:57.2	8:22/M
13	Diana Raimondo		44	8486	135	26:50.6	8:39/M
14	Kenneth Rosinski		41	8702	153	27:40.1	8:55/M
15	Susan Mccoy		41	8370	165	28:23.8	9:09/M
16	Melissa Sullivan		40	8746	193	29:52.6	9:38/M
17	Tammie Berner		43	7821	196	30:02.5	9:41/M
18	Diane Rymek		43	8706	197	30:03.1	9:42/M
19	Karen Panozzo		42	8467	199	30:12.7	9:45/M
20	Marybeth Graef		44	7974	211	30:42.1	9:54/M
21	Cheryl Fortier		43	7888	242	32:16.5	10:25/M
22	Barb Borden		43	7826	243	32:18.1	10:25/M
23	Lucy Ceko		40	7848	252	32:38.6	10:32/M
24	Mary Chiquet		44	7854	254	32:40.5	10:32/M

2015 Short Run on a Long Day 5K

Age Group ResultsRace Date

June 17, 2015

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
25	gretchen leese		40	8338	269	33:08.8	10:41/M
26	Lisa Conway		43	7856	313	36:10.9	11:40/M
27	Cindy Cutaia		42	7864	322	37:05.3	11:58/M
28	Jill Rinozzi		43	8498	325	37:07.7	11:58/M
29	Tammi Chavez		44	7852	326	37:11.2	12:00/M
30	Lynne Lovell		42	8352	353	39:38.5	12:47/M
31	Angela Bailey		43	7691	382	44:56.1	14:30/M
32	Christine Blanchette		43	7823	401	49:19.8	15:55/M
33	Heather Stob		44	8743	406	52:15.9	16:51/M
34	Nora Castillo		43	7847	412	55:43.9	17:58/M
35	Keisha Garcia		41	7898	414	55:46.6	17:59/M

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mark Luttrell		43	8229	5	18:15.4	5:53/M
2	Eggis Jakstas		42	7395	7	18:38.4	6:01/M
3	Antonio Davila		41	7869	9	19:30.3	6:17/M
4	Paul Mitoraj		43	8379	10	19:33.8	6:18/M
5	Ivaldo Basso		42	7695	25	20:52.7	6:44/M
6	Chris Lehnert		42	8341	39	21:29.3	6:56/M
7	Francisco Camacho		44	7844	45	21:49.8	7:02/M
8	Jon Krueger		44	8297	57	22:19.8	7:12/M
9	Mike Phillips		44	8481	59	22:23.8	7:13/M
10	Dave Hecker		40	7990	66	22:48.4	7:21/M
11	Wayne Lee		44	8336	86	24:17.8	7:50/M
12	Terry Moran		41	8389	117	25:49.3	8:20/M
13	Bill Ryden		43	8705	146	27:27.1	8:51/M
14	Greg Snider		44	8736	161	28:11.5	9:05/M
15	Scott Shuster		42	8722	190	29:38.9	9:34/M
16	James Gannon		41	7897	195	29:56.9	9:39/M
17	Kosta Kanellis		44	8324	217	31:02.1	10:01/M
18	Joseph LaMargo		44	8803	233	31:52.5	10:17/M
19	Sridhar Veerapaneni		40	8771	235	31:53.7	10:17/M
20	George Svetkovich		41	8747	271	33:22.6	10:46/M
21	Kevin Hughes		40	7966	329	37:18.3	12:02/M
22	Brett Lovell		42	8351	349	39:26.5	12:43/M
23	Christopher Fantazier		43	7884	357	39:53.7	12:52/M

2015 Short Run on a Long Day 5K

Age Group ResultsRace Date

June 17, 2015

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Heather Henderlong		45	8286	47	21:52.2	7:03/M
2	mary milella		45	8376	63	22:41.5	7:19/M
3	Mary Farrell		49	7885	69	22:57.6	7:24/M
4	Suzanne Sipich		45	8724	88	24:25.5	7:53/M
5	Susan Danforth		47	8008	95	24:53.7	8:02/M
6	Ramona Kolacki		48	8290	105	25:19.8	8:10/M
7	Kristin Kruzich		45	8281	110	25:32.6	8:14/M
8	Cynthia Walsh		46	7967	122	26:14.3	8:28/M
9	Dee Milligan		49	8377	139	27:09.7	8:45/M
10	Janice Moran		47	8387	166	28:33.3	9:13/M
11	Cheryl Hoover		47	8306	177	29:09.5	9:24/M
12	Laura Ho		49	6699	188	29:32.5	9:32/M
13	Wendy Hegarty		46	8287	209	30:35.3	9:52/M
14	michele miner		46	8378	218	31:03.3	10:01/M
15	Colleen Mora		49	8385	220	31:05.6	10:02/M
16	karen anderson		45	7689	247	32:27.2	10:28/M
17	Jodi West		46	8778	250	32:36.6	10:31/M
18	Denise Wilson		48	8787	251	32:37.8	10:31/M
19	kathy higgins		45	8301	258	32:44.9	10:34/M
20	Amy Brown		45	7498	282	34:07.1	11:00/M
21	Christine Racette		46	8485	285	34:14.2	11:03/M
22	Lora Wilson		49	8789	295	34:49.6	11:14/M
23	Jennine Kuchta		45	8430	308	35:52.8	11:34/M
24	Dawn Isenhardt-Copp		46	8312	345	39:08.2	12:37/M
25	Kim Chantelois		47	7850	356	39:52.1	12:52/M
26	Stacey Barrett McKinney		47	7694	378	43:24.1	14:00/M
27	Felicia Madlock		48	8358	381	44:55.4	14:29/M
28	Paulette Graham		46	7975	387	46:05.8	14:52/M

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Bob Winter		48	7950	23	20:44.2	6:41/M
2	Rudy Cvetkovich		49	7867	28	21:09.4	6:49/M
3	Mike Murphy		47	8214	29	21:11.3	6:50/M
4	John Bitter		46	8052	31	21:18.5	6:52/M
5	Craig Carlson		48	7845	35	21:23.3	6:54/M
6	John Hernandez		48	7997	40	21:30.3	6:56/M
7	Kevin Kavanaugh		45	8327	55	22:14.8	7:10/M
8	James Leonard		45	8343	68	22:52.8	7:23/M
9	Jim Humenik		48	8014	70	23:06.2	7:27/M
10	Carl Indovina		49	8311	79	23:37.8	7:37/M

2015 Short Run on a Long Day 5K

Age Group ResultsRace Date

June 17, 2015

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
11	Eljim Tesoro		45	8753	82	23:44.8	7:39/M
12	Richard West		47	8779	98	25:09.8	8:07/M
13	Roy Mize		49	8381	114	25:46.2	8:19/M
14	Bryan Breen		48	7833	121	25:58.4	8:23/M
15	John Sipich		46	8723	126	26:28.9	8:32/M
16	Thomas Ruvoli		49	8704	140	27:16.1	8:48/M
17	Michael Barr		48	7693	179	29:16.8	9:26/M
18	Darrin Yount		49	7391	204	30:25.5	9:49/M
19	Robert Ridge		46	8495	246	32:26.6	10:28/M
20	Terry Briese		45	7834	259	32:45.3	10:34/M
21	Nick Garcia		46	8184	272	33:23.1	10:46/M
22	Dominick Cutaia		49	7865	297	34:52.9	11:15/M
23	Aaron Wolfe		46	8289	338	37:50.3	12:12/M
24	Dennis Fioretti		47	7497	358	39:58.8	12:54/M
25	Michael Schwaller		47	8715	373	42:19.6	13:39/M
26	eric leese		47	8337	392	47:59.8	15:29/M

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Catherine Gainer		50	7893	143	27:18.5	8:48/M
2	Dawn Sasek		51	7772	162	28:17.1	9:07/M
3	Holly Peters		51	8474	172	28:56.3	9:20/M
4	Kim Jankowski		51	8317	265	33:01.6	10:39/M
5	Vasugi Thinakaran		50	8754	277	33:40.9	10:52/M
6	Nancy Angel		53	7690	280	34:04.6	10:59/M
7	Peg Paul		51	8472	289	34:29.9	11:07/M
8	Susan Metzcher		52	8300	317	36:46.1	11:52/M
9	Dawn Zibricky		51	8794	348	39:20.6	12:41/M
10	Patty Slager		50	8729	354	39:38.7	12:47/M
11	Sharon DeVault		52	7877	360	40:21.7	13:01/M
12	Andrea Jawor		50	6698	362	41:29.3	13:23/M
13	Lori Willmer		53	8786	375	42:50.3	13:49/M
14	Dawn Gorman-Kenny		52	7973	380	44:06.3	14:14/M
15	Debi Sapko		53	8710	389	46:13.5	14:55/M
16	Laura Slusarski		53	8731	409	54:46.6	17:40/M

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michael Blake		51	8296	20	20:27.3	6:36/M

2015 Short Run on a Long Day 5K

Age Group ResultsRace Date

June 17, 2015

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Chris Hedges		51	7992	22	20:43.2	6:41/M
3	George Sasek		52	7743	24	20:48.1	6:43/M
4	Rich Matula		50	8367	32	21:19.9	6:53/M
5	George Fite		50	7887	72	23:09.3	7:28/M
6	Brian Pigney		51	8482	73	23:12.9	7:29/M
7	Joe Gaul		54	7900	78	23:37.5	7:37/M
8	John Scherer		50	8714	97	25:07.6	8:06/M
9	Robert Ravens		52	8489	99	25:10.5	8:07/M
10	Brad Jankowski		52	8315	113	25:36.3	8:15/M
11	Charlie Hanus		50	7985	124	26:20.8	8:30/M
12	Thomas O'Leary		54	8284	137	26:54.5	8:41/M
13	Jirui Chen		54	7853	145	27:23.1	8:50/M
14	Doug Molski		52	8383	149	27:34.8	8:54/M
15	Tom Murphy		54	8392	157	27:53.6	9:00/M
16	Bob Diehl		51	7954	160	28:05.5	9:04/M
17	Larry Linke		51	8347	202	30:17.5	9:46/M
18	Jack Tribbia		54	8763	224	31:13.4	10:04/M
19	Scott Peters		51	8475	226	31:13.6	10:04/M
20	Dan Fitzgerald		50	7962	230	31:29.6	10:09/M
21	John Keating		50	8330	234	31:52.6	10:17/M
22	Andy Burge		51	7839	260	32:48.8	10:35/M
23	Chet Wrobel		54	8792	278	33:54.8	10:56/M
24	Phillip Hearne		54	7988	302	35:25.5	11:25/M
25	Keith Wilson		52	8788	363	41:37.5	13:25/M
26	Jerard Butts		51	7843	364	41:37.6	13:25/M
27	Steve Malcom		50	8363	367	41:53.2	13:31/M
28	Greg Zibricky		51	8795	386	45:52.9	14:48/M
29	Richard DeVault		51	7876	400	49:19.6	15:55/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Diane Gallagher		56	8277	75	23:25.9	7:33/M
2	Beth Pavilonis		57	8473	201	30:17.3	9:46/M
3	Eileen Keating		58	8329	298	34:56.3	11:16/M
4	susan thornburg		55	8755	331	37:19.3	12:02/M
5	Judy Belcik		55	7699	340	38:06.8	12:17/M
6	Karen Blider		57	8285	372	42:19.2	13:39/M
7	Linda Fehrenbacher		58	7886	388	46:06.2	14:52/M
8	Denise Bednar		55	7696	394	48:36.3	15:41/M
9	Laurie Ziada		57	8793	403	51:10.6	16:30/M
10	Wendy Braun		55	7577	405	51:44.6	16:41/M

2015 Short Run on a Long Day 5K

Age Group ResultsRace Date

June 17, 2015

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
11	Diane Howe		57	8308	407	52:16.8	16:52/M

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jim Pacente		55	8465	27	20:57.3	6:45/M
2	Charlie White		59	7516	36	21:23.3	6:54/M
3	John Belcik		56	7698	49	21:58.5	7:05/M
4	Matt Troester		56	8766	87	24:21.5	7:51/M
5	Steve DeNeut		57	7874	119	25:51.5	8:20/M
6	Hugh MacCracken		55	8357	131	26:46.6	8:38/M
7	Andrew Costin		57	7862	171	28:55.3	9:20/M
8	Dennis Hallissey		56	7979	191	29:42.1	9:35/M
9	Pete Aleck		55	8802	200	30:14.1	9:45/M
10	Allan Ruby		55	7387	229	31:28.8	10:09/M
11	daniel riordan		57	8499	239	32:06.5	10:21/M
12	robert owak		55	8464	279	34:02.3	10:59/M
13	John Manno		57	8364	384	45:16.5	14:36/M

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kathy Drobac		62	7881	144	27:21.8	8:49/M
2	cathy hickey		60	7999	216	30:55.3	9:58/M
3	Dottie Hejl-Pavilonis		61	7994	273	33:34.9	10:50/M
4	Donna DeRobertis		63	7875	311	35:56.7	11:35/M
5	Kathy Voboril		63	8298	361	41:05.8	13:15/M
6	Marcia Steward		60	8742	410	54:46.8	17:40/M
7	Therese Lundgren		64	8355	415	57:21.6	18:30/M

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	john h smith		62	8732	58	22:21.7	7:13/M
2	Dan Barr		62	8279	71	23:08.7	7:28/M
3	Roy White		61	8782	93	24:49.7	8:00/M
4	Paul Strand		61	8744	156	27:50.8	8:59/M
5	Daryl Dahlberg		64	7868	228	31:20.6	10:06/M
6	Tom Jennings		60	8293	314	36:12.3	11:41/M
7	Dale Johnson		62	6696	346	39:08.8	12:37/M

2015 Short Run on a Long Day 5K

Age Group Results

Race Date
June 17, 2015

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Hilary Tydd		67	8768	184	29:24.5	9:29/M

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Robert King		66	8333	182	29:23.1	9:29/M
2	Dale Frederick		69	7891	231	31:44.7	10:14/M
3	Michael Copp		68	7861	385	45:34.1	14:42/M

Female 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
	No Finishers						

Male 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
	No Finishers						