

Race Date  
June 23, 18

# SS Constantine & Helen Greek Orthodox Cathedral 5K

## Age Group Results

### 5K

#### Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Abby Vermillion		8971	4	30:00.4	9:41/M

#### Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jeremiah Wilk		8968	1	28:32.5	9:12/M

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#### Female 9 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Lia Paramantgis		8951	11	37:47.8	12:11/M
2	Ava Paramantgis		8952	17	39:49.5	12:51/M

#### Male 10 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Theo Koulianos		8973	9	36:27.6	11:45/M

#### Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kristen Wilk		8969	15	39:31.6	12:45/M

#### Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Amanda Renslow		8959	5	31:48.0	10:15/M
2	Jessica Renslow		8960	21	52:22.3	16:54/M

#### Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sue Koulianos		8972	14	38:05.8	12:17/M
2	Amy Paramantgis		8950	16	39:49.1	12:51/M
3	Rosemary Gorgei		8937	24	1:05:19.2	21:04/M

#### Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jim Vermillion		8970	3	29:58.9	9:40/M
2	Gus Paramantgis		8949	13	37:49.6	12:12/M
3	Jeremy. Jovanovic		8941	25	1:05:22.1	21:05/M

#### Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mark Polimus		8956	2	29:28.7	9:30/M

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#### Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Avi Vega		8967	8	35:04.9	11:19/M

#### Female 60 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tulla Poteres		8958	19	48:21.5	15:36/M
2	Pamela Hay		8938	20	50:44.5	16:22/M
3	Meg Demakas		8935	22	52:22.4	16:54/M

#### Male 60 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Theo Koulianos		8943	6	35:03.4	11:18/M
2	George Domoras		8936	7	35:03.6	11:18/M
3	Louis Papadopoulos		8947	10	37:08.3	11:59/M
4	Andrew Paramantgis		8948	12	37:48.1	12:12/M
5	Fr. Ted Poteres		8957	18	48:21.5	15:36/M
6	Jim. Jovanovic		8940	23	1:05:17.7	21:04/M