

# Good Karma 5K 2019

Position	Bib	Name	Finish	Pace	Age	Gender	Gender	City	Team Name
5K TOP FEMALES OVERALL based on Gun Elapsed time									
1	354	ASHLEY MOSKOWITZ	00:21:37.1	6:58	18	F	F	Campbell Hall	
2	238	MEGHANA CARON	00:21:56.8	7:05	18	F	F	Clifton Park	
3	407	DANIELE CHERNIAK	00:22:24.3	7:14	57	F	F	Schenectady	
5K TOP MALES OVERALL based on Gun Elapsed time									
1	380	DANIEL PAVELEC	00:17:51.0	5:45	16	M	M	Loudonville	
2	343	JAY MADAN	00:18:13.3	5:53	16	M	M	Albany	
3	288	VISHAL HADA	00:18:25.9	5:56	17	M	M	Slingerlands	
5K MALE 1-14 - based on Gun Elapsed time									
1	251	DEVIN DECKER	00:19:44.3	6:22	14	M	M	Schenectady	
2	361	ROHIT NATTANMAI	00:21:35.6	6:58	12	M	M	Rexford	
3	394	ADVAITH RAMANI	00:23:07.7	7:27	12	M	M	Clifton Park	
5K FEMALE 1-14 - based on Gun Elapsed time									
1	341	DHARINI MADADI	00:26:06.1	8:25	13	F	F	Latham	
2	286	RAJSHREE HADA	00:30:25.4	9:49	12	F	F	Slingerlands	
3	315	MANAMI KERINS	00:30:41.4	9:54	13	F	F	Niskayuna	
5K MALE 15-19 - based on Gun Elapsed time									
1	450	DESTIN YEE	00:21:17.1	6:52	18	M	M	Albany	
2	215	Aveneesh Benki	00:21:29.4	6:56	15	M	M	Niskayuna	
3	416	ANURAAG SHARMA	00:21:58.4	7:05	15	M	M	Niskayuna	
5K FEMALE 15-19 - based on Gun Elapsed time									
1	414	DHARANISHRI SELVARAJ	00:25:11.0	8:07	16	F	F	Clifton Park	
2	259	MOLLY DEXTER	00:29:53.8	9:38	19	F	F	Saratoga Springs	
3	535	PRAAGAYA MEYYAN	00:31:44.3	10:14	15	F	F		
5K MALE 20-24 - based on Gun Elapsed time									
1	237	Justin Caron	00:20:56.8	6:45	20	M	M	Clifton Park	
2	436	THOMAS TWOMEY	00:26:59.7	8:42	23	M	M	Scotia	
5K FEMALE 20-24 - based on Gun Elapsed time									
1	388	KATHERINE QUINN	00:22:58.0	7:25	22	F	F	Niskayuna	
2	386	HEIDI PROPER	00:23:13.0	7:29	24	F	F	Kinderhook	
3	283	EMILY GRAY	00:26:16.1	8:28	23	F	F	Schenectady	
5K MALE 25-29 - based on Gun Elapsed time									
5K FEMALE 25-29 - based on Gun Elapsed time									
1	345	MEL MAHER	00:25:12.9	8:08	29	F	F	Providence	
2	248	AILEEN DALEY	00:29:09.2	9:24	25	F	F	Glenville	
3	336	ALYSSA LOWELL	00:30:23.4	9:48	26	F	F	Guilderland	
5K MALE 30-34 - based on Gun Elapsed time									
1	430	TODD STUPELL	00:22:10.9	7:09	34	M	M	Providence	
2	249	ZAMIYAD DAR	00:24:15.4	7:49	31	M	M	Ballston Lake	
3	299	NILESH JAWALKAR	00:27:30.8	8:52	33	M	M	East Greenbush	Sahyandri's Warriors
5K FEMALE 30-34 - based on Gun Elapsed time									

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1	439	MIRANDA VANDENBRIEL	00:26:48.9	8:39	32	F	F	Loudonville	
2	214	REBECCA BENJAMIN	00:28:08.0	9:05	32	F	F	Schenectady	
3	375	NATALIA PASCUCCI	00:30:09.5	9:44	33	F	F	Ballston Spa	Rock your Fitness
5K MALE 35-39 - based on Gun Elapsed time									
1	294	JAKOB IRWIN	00:18:39.3	6:01	38	M	M	Troy	
2	382	MARC PHILLIPS	00:24:44.6	7:59	37	M	M	Schenectady	
3	384	EDWARD POLLACK	00:24:44.9	7:59	39	M	M	Albany	Team Popplio
5K FEMALE 35-39 - based on Gun Elapsed time									
1	512	LAURA RICKMYRE	00:23:30.4	7:35	35	F	F	Schenectady	
2	275	KATIE GIFFORD	00:26:26.6	8:32	38	F	F	Gloversville	Galloping Giffords
3	369	ERIKA OSWALD	00:26:39.7	8:36	38	F	F	Albany	
5K MALE 40-44 - based on Gun Elapsed time									
1	357	KAUSTUBH NAGARKAR	00:24:28.9	7:54	41	M	M	Clifton Park	
2	451	ERNIE YUE	00:24:34.5	7:55	40	M	M	halfmoon	
3	276	MILO GIFFORD	00:25:10.6	8:07	42	M	M	Gloversville	Galloping Giffords
5K FEMALE 40-44 - based on Gun Elapsed time									
1	225	CORINE BONITATIBUS	00:25:49.9	8:20	42	F	F	Schenectady	
2	243	JAMIE CHRISTENSEN	00:27:23.0	8:50	44	F	F	Poestenkill	
3	317	SUSAN KNAPP	00:27:26.6	8:51	40	F	F	Schenectady	
5K MALE 45-49 - based on Gun Elapsed time									
1	506	ANDY REED	00:18:28.7	5:57	47	M	M		
2	219	ERIC BERGIN	00:20:04.5	6:28	47	M	M	Albany	
3	501	PATRICK LYNKEY	00:22:27.5	7:15	46	M	M		
5K FEMALE 45-49 - based on Gun Elapsed time									
1	266	JENNIFER FERRISS	00:27:54.3	9:00	47	F	F	Saratoga Springs	
2	510	ALICIA GILLEN	00:29:14.6	9:26	49	F	F		
3	366	SHELBY OLSEN	00:30:44.0	9:55	46	F	F	Clifton Park	
5K MALE 50-54 - based on Gun Elapsed time									
1	389	BOB RADLIFF	00:19:52.1	6:25	54	M	M	Stillwater	
2	387	DENNIS QUINN	00:25:55.9	8:22	54	M	M	Niskayuna	
3	224	JOEL BLOOM	00:29:19.6	9:27	54	M	M	LOUDONVILLE	
5K FEMALE 50-54 - based on Gun Elapsed time									
1	365	JULIE NOVKOV	00:25:41.1	8:17	52	F	F	Loudonville	
2	222	ANDREA BETTS	00:26:25.0	8:31	54	F	F	Clifton Park	
3	282	ANN MARIE GRAY	00:28:11.0	9:05	54	F	F	Schenectady	
5K MALE 55-59 - based on Gun Elapsed time									
1	504	RUSSELL LAUER	00:20:35.8	6:38	56	M	M		
2	328	TERRY LANGLOIS	00:23:30.3	7:35	59	M	M	Niskayuna	
3	505	STEVE SHAW	00:24:53.4	8:02	59	M	M		
5K FEMALE 55-59 - based on Gun Elapsed time									
1	229	KATY BUCHANAN	00:28:49.6	9:18	57	F	F	Altamont	
2	211	TRACY BALOGH	00:29:58.2	9:40	56	F	F	Schenectady	
3	303	JULIE JOHNSON	00:30:04.6	9:42	57	F	F	Schenectady	
5K MALE 60-64 - based on Gun Elapsed time									

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1	401	MARK REGAN	00:24:59.3	8:04	63	M	M	Saratoga Springs	
2	537	VEERABHADRARAO BHEEMINENI	00:32:14.5	10:24	64	M	M		
3	542	SHASHI MEHROTRA	00:52:38.1	16:59	62	M	M		
5K FEMALE 60-64 - based on Gun Elapsed time									
1	514	MAUREEN FITZGERALD	00:24:19.1	7:51	61	F	F	Schenectady	
2	383	HOPE PLAVIN	00:27:26.0	8:51	60	F	F	Saratoga Springs	
3	332	JEAN LOEWENSTEIN	00:28:37.2	9:14	61	F	F	Malta	
5K MALE 65-69 - based on Gun Elapsed time									
1	218	RICHARD BENNETT	00:29:08.5	9:24	67	M	M	Clifton Park	
2	244	ANDREW COFFEY	00:32:44.2	10:34	67	M	M	Albany	
3	213	MARK BECHARD	00:39:36.3	12:46	67	M	M	Albany	
5K FEMALE 65-69 - based on Gun Elapsed time									
1	433	KRIS THORNE	00:29:42.2	9:35	69	F	F	Clifton Park	
2	338	JUDY LYNCH	00:33:02.2	10:39	69	F	F	Castleton	
5K MALE 70-74 - based on Gun Elapsed time									
1	334	JOHN LONGACKER	00:29:16.3	9:26	73	M	M	Clifton Park	
2	405	DANIEL RICKMYRE	00:39:48.7	12:50	73	M	M	Schenectady	
5K FEMALE 70-74 - based on Gun Elapsed time									
5K MALE 75-79 - based on Gun Elapsed time									
1	227	RICHARD BREWER	00:38:13.1	12:20	76	M	M	Cohoes	
2	272	GURINDER GARCHA	00:42:08.5	13:35	75	M	M	Clifton Parck	
5K FEMALE 75-79 - based on Gun Elapsed time									
5K MALE 80+ - based on Gun Elapsed time									
1	313	Joe Kelly	00:46:33.4	15:01	85	M	M	Clifton Park	
2	324	SUDHIR KULKARNI	00:57:43.3	18:37	80	M	M	Latham	
3	529	SARAVANKUMAR RAMASAMY	00:58:40.2	18:55	99	M	M		
5K FEMALE 80+ - based on Gun Elapsed time									
1	518	PUNAM MADAN	00:43:06.3	13:54	99	F	F	Schenectady	
2	527	CHANDER PRABHA BHATIA	00:46:06.5	14:52	85	F	F		
3	525	ROJHNI ACHAR	00:47:33.8	15:20	99	F	F		