

OUT OF THE SHADOWS 5K

5K RUN/WALK

RESULTS

09/21/2018

GLENS FALLS, NY
THE COUNCIL FOR PREVENTION



PLC	BIB	OA PLC	CLS	NAME	AGE/LOCATION/TEAM	TIME	BEHIND	PACE
FEMALE 1-17								
1	83	29	G1	CATALDO, KARA	15 BALLSTON SPA	:37:30.2	: 0.0	12:05
2	82	38	G1	CATALDO, JULIA	17 BALLSTON SPA	:49:06.5	11:36.3	15:50
3	356	40	G1	URE, BRI	13	:49:38.4	12:08.2	16:00
MALE 1-17								
1	67	1	B1	STEDMAN, JULIAN	13 GLENS FALLS NY	:19:51.0	: 0.0	6:24
2	87	39	B1	MORIN, SPENCER	17 BALLSTON SPA	:49:07.5	29:16.5	15:50
3	86	63	B1	MORIN, ANDREW	17 BALLSTON SPA	:59:16.1	39:25.1	19:07
FEMALE 18-29								
1	61	25	G2	ROBERTS, GWEN	26 GANSEVOORT NY	:35:24.1	: 0.0	11:25
2	44	26	G2	ENOCHS, AMANDA	27 CAMBRIDGE NY	:35:45.7	:21.6	11:32
3	78	32	G2	GALLER, TRISHA	27 GLENS FALLS	:42:14.0	6:49.9	13:37
4	41	43	G2	CRONIN, CARRIE	28 GLENS FALLS NY	:53:16.7	17:52.6	17:11
5	40	57	G2	COMPTON, JOHNNA	21 CORINTH NY	:57:44.0	22:19.9	18:37
6	350	67	G2	GILLIS, MARISSA	25 ARGYLE	1:04:13.2	28:49.1	20:42
MALE 18-29								
1	32	7	B2	ASHLINE, DEVIN	26 GREENFIELD CENTER	:23:27.0	: 0.0	7:33
2	30	23	B2	DEGREGORIO, DAN	23 BALLSTON SPA	:32:25.2	8:58.2	10:27
3	55	46	B2	NEVINS, CHASE	22 GLENS FALLS NY	:53:35.4	30:08.4	17:17
4	62	51	B2	ROBERTS, OWEN	29 GLENS FALLS NY	:55:06.9	31:39.9	17:46
5	96	53	B2	WHITE, RAYMOND	25 GLENS FALLS	:55:43.2	32:16.2	17:58
6	334	66	B2	WINCH, MATT	24 GLENS FALLS	1:04:09.4	40:42.4	20:41
FEMALE 30-49								
1	355	2	G3	DELANEY, TRACEY	45	:20:47.2	: 0.0	6:42
2	66	3	G3	STEDMAN, JACLYN	39 GLENS FALLS NY	:21:15.4	:28.2	6:51
3	314	5	G3	EVANSKY, REBECCA	39 HUDSON FALLS NY	:23:05.3	2:18.1	7:26
4	68	6	G3	STEVES, KATE	38 GLENS FALLS NY	:23:18.9	2:31.7	7:31
5	58	8	G3	QUILOP LOCKE, OLIE	47 WHITEHALL NY	:24:17.1	3:29.9	7:50
6	50	11	G3	JORGENSEN, LAURIE	44 QUEENSBURY NY	:26:28.9	5:41.7	8:32
7	308	15	G3	TRIPP, ANITA	30 FORT EDWARD	:28:21.6	7:34.4	9:08
8	93	16	G3	FLEWELLING, JADE	31 GRANVILLE NY	:28:36.4	7:49.2	9:13
9	92	17	G3	SHALER, COURTNEY	42 FT ANN	:28:46.7	7:59.5	9:17
10	311	18	G3	WADSWORTH, BRANDY	39 FORT EDWARD	:29:13.6	8:26.4	9:25
11	80	21	G3	KELLEY, CORIN	35	:29:55.0	9:07.8	9:39
12	54	22	G3	MUNYON, HEATHER	32 FORT EDWARD NY	:31:32.4	10:45.2	10:10
13	52	28	G3	LINENDOLL, KAILYN	30 SALEM NY	:35:53.2	15:06.0	11:34
14	51	30	G3	KROLL, AMY	39 FORT ANN NY	:41:18.7	20:31.5	13:19
15	33	31	G3	ATKIINSON, MANDY	41 FT EDWARD NY	:41:37.9	20:50.7	13:25
16	75	33	G3	WRIGHT, ERIN	44 GLENS FALLS	:43:01.0	22:13.8	13:52



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FEMALE 30-49								
17	98	34	G3	BASHFORD, MICHELLE	37 HUDSON FALLS	:43:02.2	22:15.0	13:52
18	42	36	G3	DEAN, JENNIFER	40 QUEENSBURY NY	:44:27.5	23:40.3	14:20
19	74	37	G3	YOUNG, NICOLE	40 QUEENSBURY NY	:46:56.1	26:08.9	15:08
20	310	48	G3	LECLAIR, CAROL	49 GLENS FALLS	:55:02.6	34:15.4	17:45
21	318	49	G3	SWINTON, RENEE	49 TICONDEROGA	:55:04.3	34:17.1	17:45
22	34	55	G3	BOLIVAR, DAWN	42 QUEENSBURY NY	:56:18.1	35:30.9	18:09
23	88	61	G3	MORIN, BARBARA	46 BALLSTON SPA	:59:03.4	38:16.2	19:03
24	81	64	G3	LAFRENIERE, KRISTINA	43 BALLSTON SPA	:59:18.4	38:31.2	19:07
25	45	69	G3	FREIBERGER, CARRIE	35 GRANVILLE NY	1:05:20.1	44:32.9	21:04
26	60	70	G3	RINGROSE, DEBORAH	45 GLENS FALLS NY	1:05:21.7	44:34.5	21:05
MALE 30-49								
1	57	9	B3	PERRYMAN, ART	39 WEVERTOWN NY	:24:53.2	: 0.0	8:01
2	599	35	B3	DEAN, BOB	41 QUEENSBURY	:43:52.8	18:59.6	14:09
3	325	47	B3	PRITCHARD, BRIAN	34 GLENS FALLS	:53:40.2	28:47.0	17:18
4	328	54	B3	PAUL, CORBAN	31 HUDSON FALLS	:55:45.7	30:52.5	17:59
5	70	56	B3	VALERIO, WILLIAM	49 BALLSTON SPA NY	:56:19.2	31:26.0	18:10
6	348	68	B3	GILLIS, NATHIEL	30 ARGYLE	1:04:16.1	39:22.9	20:43
FEMALE 50+								
1	47	10	G4	GULDE, MELANIE	50 QUEENSBURY NY	:26:19.3	: 0.0	8:29
2	48	12	G4	GUSTAFSON, NINA	57 QUEENSBURY NY	:27:01.5	:42.2	8:43
3	338	13	G4	LOWELL, LINDA	50 HUDSON FALLS	:27:16.4	:57.1	8:47
4	100	14	G4	VINCENT, SUE	67	:27:27.9	1:08.6	8:51
5	53	20	G4	MOYNIHAN, LISA	55 QUEENSBURY NY	:29:53.7	3:34.4	9:38
6	313	24	G4	NEALON, SUE	68 GLENS FALLS	:33:57.2	7:37.9	10:57
7	97	27	G4	LINENDOLL, LORI	54 SALEM	:35:49.6	9:30.3	11:33
8	341	42	G4	CRONIN, ROBIN	58 QUEENSBURY	:53:15.2	26:55.9	17:10
9	38	44	G4	BURKE, MELISSA	50 FT EDWARD NY	:53:19.8	27:00.5	17:12
10	29	45	G4	COMPTON, QUINTINA	51 CORINTH	:53:21.6	27:02.3	17:12
11	76	52	G4	WINNIE, TAMMY	50 GLENS FALLS	:55:41.5	29:22.2	17:57
12	84	58	G4	LAFRENIERE, ROSEMARY	67 BALLSTON SPA	:58:10.2	31:50.9	18:45
13	63	59	G4	ROBINSON, JODI	60 HUDSON FALLS NY	:58:36.5	32:17.2	18:54
14	69	60	G4	TUTTLE, MAUREEN	61 SOUTH GLENS FALLS	:58:40.6	32:21.3	18:55
15	90	62	G4	LAFRENIERE, CAROLYN	58 GALWAY	:59:07.8	32:48.5	19:04
MALE 50+								
1	91	4	B4	HANCHETT, CHRISTIAN	53 QUEENSBURY	:21:22.4	: 0.0	6:53
2	312	19	B4	SKELLIE, GEORGE	54 GREENWICH	:29:22.3	7:59.9	9:28
3	339	41	B4	CRONIN, PATRICK	63 QUEENSBURY	:53:13.4	31:51.0	17:10
4	322	50	B4	GARY, MIKE	66 MECHANICVILLE	:55:05.7	33:43.3	17:46
5	85	65	B4	LAFRENIERE, ALBERT	68 BALLSTON SPA	:59:20.8	37:58.4	19:08



