



FOX TROT 5K

Position	Bib	Name	Finish	Pace	Age	Gender	City	Age Rank
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5K TOP FEMALES OVERALL based on Gun Elapsed time

1	279	BRIDGET CROSSMAN	23:50.5	7:41	37	F	FORT EDWARD	3rd Male 40-49
2	144	ANGIE LAUDER	26:09.7	8:26	37	F	GREENWICH	
3	214	JULIE POMAINVILLE	26:38.1	8:35	40	F	FORT ANN	

5K TOP MALES OVERALL based on Gun Elapsed time

1	153	JASON LINENDOLL	18:43.7	6:02	20	M	HUDSON FALLS	
2	314	DENALI GARNICA	19:15.8	6:13	14	M	SOUTH GLEN FALLS	
3	298	BRYAN CROSIER	22:39.5	7:18	52	M	SARATOGA SPRINGS	

5K FEMALE 1-19 - based on Gun Elapsed time

1	301	MIA LEMERY	30:16.4	9:46	10	F	SARATOGA SPRINGS	
2	34	LYDIA BLACK	35:51.5	11:34	14	F	ARGYLE	
3	75	JERUSHA FAIRBANKS	37:14.1	12:01	9	F	HUDSON FALLS	

5K FEMALE 20-29 - based on Gun Elapsed time

1	70	MARYLOU DUNGEROW	26:44.0	8:37	25	F	SARATOGA SPRINGS	
2	278	CAITLIN ROBERTS	29:19.6	9:27	26	F	QUEENSBURY	
3	3	CASSANDRA AIKEN	34:20.7	11:05	27	F	SOUTH GLENS FALLS	

5K FEMALE 30-39 - based on Gun Elapsed time

1	145	STACY LAUVER	28:53.4	9:19	30	F	JOHNSONVILLE	
2	96	MICHELE GOLDBERGER	29:34.2	9:32	33	F	SARATOGA SPRINGS	
3	312	MISTY SMITH	29:41.7	9:35	34	F	FORT EDWARD	

5K FEMALE 40-49 - based on Gun Elapsed time

1	154	KAREN LINENDOLL	26:56.8	8:41	46	F	HUDSON FALLS	
2	303	VICTORIA VANIER	29:41.8	9:35	45	F	SARATOGA SPRINGS	





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3	105	KATHLEEN GUY	29:53.0	9:38	49	F	GLENS FALLS	
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5K FEMALE 50-59 - based on Gun Elapsed time

1	102	KATHY GREGOIRE	28:19.2	9:08	56	F	ELIZABETHTOWN	
2	220	DONNA ROBERTS	29:19.6	9:27	54	F	QUEENSBURY	
3	175	ELLEN MORAN	32:30.3	10:29	57	F	SARATOGA SPRINGS	

5K FEMALE 60+ - based on Gun Elapsed time

1	14	MARY ELLEN BAIN	33:44.9	10:53	65	F	ARGYLE	
2	138	CATHERINE KNAPP	37:25.1	12:04	60	F	SOUTH GLENS FALLS	
3	17	DARLENE BARRY	40:10.6	12:57	64	F	BENNINGTON	

5K NO AGE - based on Gun Elapsed time

1	193	MAUREEN O'CONNOR	29:31.1	9:31	99	F	STAMFORD	
2	240	AMBER SHORES	34:27.8	11:07	99	F	HUDSON FALLS	
3	169	COURTNEY MILLINGTON	47:02.9	15:10	99	F	QUEENSBURY	

5K MALE 1-19 - based on Gun Elapsed time

1	231	CALEB SEARS	23:03.5	7:26	15	M	GRANVILLE	
2	236	SAMUEL SEARS	23:03.5	7:26	17	M	GRANVILLE	
3	234	JOSHUA SEARS	23:36.1	7:37	16	M	GRANVILLE	

5K MALE 20-29 - based on Gun Elapsed time

1	293	SETH ENGEL	25:20.8	8:10	28	M	ROUND LAKE	
2	292	MICHAEL BARBER	26:21.4	8:30	23	M	TICONDEROGA	
3	400	ANDREW CHANNEL 10	29:29.8	9:31	29	M		

5K MALE 30-39 - based on Gun Elapsed time

1	124	JAKOB IRWIN	23:42.1	7:39	36	M	BRANT LAKE	
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2	179	JOSEPH MORRIS	27:07.1	8:45	39	M	WEVERTOWN	
3	64	PATRICK CRONIN	27:59.0	9:02	36	M	GANSEVOORT	

5K MALE 40-49 - based on Gun Elapsed time

1	313	LUIS GARNICA	24:32.3	7:55	45	M	SOUTH GLEN FALLS	
2	5	STEVEN ALHEIM	30:41.5	9:54	45	M	SOUTH GLENS FALLS	
3	28	ERIK BERGMAN	34:28.0	11:07	43	M	SOUTH GLENS FALLS	

5K MALE 50-59 - based on Gun Elapsed time

1	50	CHRISTOPHER CAMPBELL	26:27.3	8:32	54	M	CLIFTON PARK	
2	308	DAN DIBLASI	29:18.1	9:27	52	M	SARATOGA SPRINGS	
3	35	RON BLACK	31:55.1	10:18	53	M	ARGYLE	

5K MALE 60+ - based on Gun Elapsed time

1	300	JIM GOODSPEED	25:06.6	8:06	66	M	SARATOGA SPRINGS	
2	246	NORMAN STEVENS	31:40.5	10:13	75	M	FORT EDWARD	
3	280	MARK BRAINARD	32:58.1	10:38	61	M	SOUTH GLEN FALLS	12th Female 1-19

5K NO AGE - based on Gun Elapsed time

1	251	BRADLEY TRIPP	26:15.0	8:28	99	M	STAMFORD	
2	46	KADEN BUSH	1:02:26.9	20:08	99	M	ARGYLE	

