

2023 Glens Falls Hospital Foundation Aloha 5K and 1Mile Walk/Rur



Overall Results 5K

Plac	Bib	Name	Age	Gen	AG	Corporati	ChipTi	GunTime	Pace
5K									
1.	35	Burgess, Liam	17	M	Male 15-19		16:47.5	16:47.5	5:24 / mi
2.	81	Fratangelo, Brent	33	M	Male 30-39		18:36.2	18:56.4	6:06 / mi
3.	255	Waldmann, Jesse	51	M	Male 50-59		20:14.5	20:14.5	6:31 / mi
4.	146	McCarthy, Emily	39	F	Female 30-39		20:13.9	20:14.6	6:31 / mi
5.	145	McCarthy, Andrew	39	M	Male 30-39		20:21.4	20:22.0	6:34 / mi
6.	5	Alessi, Haven	14	M	Male 14 & Under		20:51.3	20:52.7	6:44 / mi
7.	20	Beck, Josh	33	M	Male 30-39		20:53.3	20:55.5	6:44 / mi
8.	45	Clark, Lisa	45	F	Female 40-49		20:39.8	21:16.4	6:51 / mi
9.	33	Bryans, Emily	55	F	Female 50-59		21:34.6	21:35.5	6:57 / mi
10.	214	Seyb, Ron	62	M	Male 60-69		21:36.3	21:36.8	6:58 / mi
11.	189	Rand, Janne	38	F	Female 30-39		21:52.3	21:53.7	7:03 / mi
12.	108	Hickok, Jennifer	40	F	Female 40-49		22:18.7	22:20.7	7:12 / mi
13.	107	Hickok, Chad	41	M	Male 40-49		22:19.2	22:20.8	7:12 / mi
14.	250	Valentine, Christopher	35	M	Male 30-39		21:58.0	22:22.9	7:13 / mi
15.	191	Reed, Kimberly	32	F	Female 30-39		22:00.4	22:24.3	7:13 / mi
16.	251	Valentine, Nakita	35	F	Female 30-39		22:00.0	22:24.6	7:13 / mi
17.	54	Davis, Katlyn	27	F	Female 20-29		22:01.4	22:25.1	7:13 / mi
18.	264	Woods, June	77	F	Female 70-79		22:16.6	22:46.9	7:20 / mi
19.	187	Putnam, Jenna	26	F	Female 20-29		22:02.8	22:47.8	7:21 / mi
20.	224	Smith, Brandon	28	M	Male 20-29		22:04.5	22:49.4	7:21 / mi
21.	188	Pytel, Hailey	27	F	Female 20-29		22:04.5	22:49.4	7:21 / mi
22.	247	Troisi, Arthur	0	M	Male 14 & Under		22:17.5	23:03.9	7:26 / mi
23.	12	Backus, Deborah	0	F	Female 14 & Under		22:13.6	23:04.1	7:26 / mi
24.	120	Keely, Susan	58	F	Female 50-59		23:08.7	23:09.4	7:28 / mi
25.	104	HARTUNG, Andrew	33	M	Male 30-39		23:17.6	23:21.7	7:32 / mi
26.	25	Bell, Savannah	23	F	Female 20-29		23:24.7	23:26.1	7:33 / mi
27.	228	Smith, Dylan	16	M	Male 15-19		23:27.2	23:32.0	7:35 / mi
28.	253	Wager, Damian	12	M	Male 14 & Under		23:01.9	23:36.8	7:37 / mi
29.	294	Delaney, Tracey	58	F	Female 50-59		23:42.6	23:45.5	7:39 / mi
30.	111	Hogan, Josie	14	F	Female 14 & Under		23:36.5	23:47.7	7:40 / mi
31.	30	Bremenkamp, Jonah	25	M	Male 20-29		23:48.1	23:48.6	7:40 / mi
32.	135	Legault, Joseph	31	M	Male 30-39		23:40.2	23:50.1	7:41 / mi
33.	43	Cassidy, Eric	29	M	Male 20-29		23:46.3	24:00.0	7:44 / mi
34.	118	Jenks, Elliot	25	M	Male 20-29		24:01.9	24:05.1	7:46 / mi
35.	262	Wittenberg, Keenan	38	M	Male 30-39		24:04.0	24:09.0	7:47 / mi
36.	16	Barbieri, Alexandra	38	F	Female 30-39		24:07.2	24:10.9	7:48 / mi
37.	96	Gullet, Sylvia	19	F	Female 15-19		24:01.1	24:13.6	7:48 / mi
38.	186	Pogonowski, Roman	19	M	Male 15-19		24:12.1	24:15.1	7:49 / mi
39.	240	Taylor, Brooke	22	F	Female 20-29		24:12.6	24:15.3	7:49 / mi
40.	231	Stauffer, Allen	35	M	Male 30-39		23:58.7	24:19.7	7:50 / mi
41.	100	Harrington, Benjamin	35	M	Male 30-39		24:20.2	24:22.9	7:51 / mi
42.	167	Munn, Danielle	28	F	Female 20-29		24:27.6	24:31.0	7:54 / mi



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Overall Results 5K

Plac	Bib	Name	Age	Gen	AG	Corporati	ChipTi	GunTime	Pace
43.	156	Mickle, Taylor	28	F	Female 20-29		24:26.4	24:35.4	7:55 / mi
44.	232	Stauffer, Kelsey	32	F	Female 30-39		24:41.2	25:04.8	8:05 / mi
45.	89	Goodspeed, Jim	72	M	Male 70-79		25:26.0	25:27.8	8:12 / mi
46.	51	Coyner, Susan	59	F	Female 50-59		25:33.2	25:35.8	8:15 / mi
47.	42	Carucci, Anthony	42	M	Male 40-49		25:35.8	25:45.2	8:18 / mi
48.	160	Moore, Cassandra	38	F	Female 30-39		25:27.3	25:54.3	8:21 / mi
49.	94	Gron, Kirill	35	M	Male 30-39		25:49.9	25:55.8	8:21 / mi
50.	271	Brown, Sage	22	M	Male 20-29		26:01.3	26:02.9	8:24 / mi
51.	110	Hogan, Elizabeth	56	F	Female 50-59		25:53.8	26:04.8	8:24 / mi
52.	13	Bain, Katie	24	F	Female 20-29		25:55.5	26:05.6	8:25 / mi
53.	204	Myott, Tom	55	M	Male 50-59		26:08.4	26:15.4	8:28 / mi
54.	205	Ruby, Raymond	55	M	Male 50-59		26:08.9	26:15.4	8:28 / mi
55.	166	Mowrey, Roy	65	M	Male 60-69		26:09.7	26:17.4	8:28 / mi
56.	172	O'Connor, Dan	40	M	Male 40-49		26:31.8	26:32.9	8:33 / mi
57.	122	Kennedy, Laura	42	F	Female 40-49		26:53.4	26:57.1	8:41 / mi
58.	150	McKeighan, Kyle	30	M	Male 30-39		26:49.7	27:04.3	8:43 / mi
59.	171	Nudi, Erin	37	F	Female 30-39		27:00.4	27:12.6	8:46 / mi
60.	226	Smith, Christopher	35	M	Male 30-39		27:11.9	27:20.1	8:49 / mi
61.	155	Meunier, Rashna	37	F	Female 30-39		27:19.0	27:20.4	8:49 / mi
62.	154	Meunier, Andrew	37	M	Male 30-39		27:23.8	27:25.7	8:50 / mi
63.	10	Anderson, Mike	40	M	Male 40-49		27:24.2	27:29.3	8:52 / mi
64.	21	Becker, David	58	M	Male 50-59		27:22.4	27:31.0	8:52 / mi
65.	288	Carpenter, Peter	65	M	Male 60-69		27:35.9	27:43.2	8:56 / mi
66.	192	RICHARDS, Peter	43	M	Male 40-49		27:41.1	27:44.2	8:56 / mi
67.	193	Richards, Theresa	8	F	Female 14 & Under		27:41.7	27:44.6	8:56 / mi
68.	137	Lourie, Meghan	30	F	Female 30-39		27:31.0	27:46.3	8:57 / mi
69.	129	Lackey, Jodie	54	F	Female 50-59		27:45.2	27:50.8	8:58 / mi
70.	239	Susko, Cassandra	17	F	Female 15-19		27:55.2	27:55.2	9:00 / mi
71.	282	Cukrovany, Kylie	16	F	Female 15-19		27:55.6	27:55.6	9:00 / mi
72.	6	Alessi, Kimberly	41	F	Female 40-49		28:01.1	28:03.4	9:03 / mi
73.	19	Basile, Connor	17	M	Male 15-19		28:09.3	28:20.7	9:08 / mi
74.	185	Pinellas, Latrell	36	M	Male 30-39		28:34.0	28:36.0	9:13 / mi
75.	15	Bain, Sean	56	M	Male 50-59		28:33.1	28:43.2	9:15 / mi
76.	53	Curley, Shaina	37	F	Female 30-39		27:47.4	28:58.6	9:20 / mi
77.	275	Smith, Taylor	14	F	Female 14 & Under		28:58.3	28:58.6	9:20 / mi
78.	287	Dudley, David	47	M	Male 40-49		28:42.5	28:59.4	9:21 / mi
79.	2	A Wilkes, Kerri	53	F	Female 50-59		27:49.7	29:00.8	9:21 / mi
80.	164	Morin, Reis	10	M	Male 14 & Under		29:09.1	29:27.4	9:30 / mi
81.	48	Cordell, Jacqueline	42	F	Female 40-49		29:26.6	29:35.4	9:32 / mi
82.	158	Mitchell, Chloe	25	F	Female 20-29		29:25.6	29:37.4	9:33 / mi
83.	3	Ahrens, Elizabeth	22	F	Female 20-29		29:32.4	29:42.9	9:35 / mi
84.	66	Doepper, Erika	61	F	Female 60-69		29:50.4	29:53.1	9:38 / mi
85.	159	Mitchell, Courtney	35	F	Female 30-39		29:58.6	30:21.0	9:47 / mi



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Overall Results 5K

Plac	Bib	Name	Age	Gen	AG	Corporati	ChipTi	GunTime	Pace
86.	136	Lorrain, Carrie	54	F	Female 50-59		30:18.2	30:27.5	9:49 / mi
87.	295	Sustar, Diana	38	F	Female 30-39		30:26.2	30:35.3	9:52 / mi
88.	276	Porter, Payton	14	F	Female 14 & Under		30:40.5	30:40.8	9:53 / mi
89.	179	Parker, Eric	67	M	Male 60-69		30:33.0	30:41.2	9:53 / mi
90.	75	Fitzgerald, Amy	40	F	Female 40-49		30:25.7	30:41.7	9:54 / mi
91.	197	Robbins, Jill	54	F	Female 50-59		30:12.0	30:49.5	9:56 / mi
92.	64	Dickson, Matt	48	M	Male 40-49		30:44.0	30:50.6	9:56 / mi
93.	121	Kelly, Bob	35	M	Male 30-39		30:48.3	30:57.8	9:59 / mi
94.	244	Tracy, Jessica	33	F	Female 30-39		30:44.8	31:03.9	10:01 / mi
95.	245	Tracy, Michael	34	M	Male 30-39		30:45.8	31:05.2	10:01 / mi
96.	233	Stevens, Norman	81	M	Male 80+		31:02.3	31:12.3	10:03 / mi
97.	170	Nudi, Alan	39	M	Male 30-39		31:05.0	31:16.9	10:05 / mi
98.	131	Landgren, Ashley	29	F	Female 20-29		31:06.9	31:18.3	10:05 / mi
99.	190	Reardon, Aubrey	30	F	Female 30-39		31:10.2	31:24.2	10:07 / mi
100.	40	Carswell, Catherine	29	F	Female 20-29		31:11.0	31:24.3	10:07 / mi
101.	38	Caldit, Glenn	33	M	Male 30-39		31:22.3	31:28.6	10:09 / mi
102.	73	Fieldstadt, Zachary	15	M	Male 15-19		31:28.7	31:32.2	10:10 / mi
103.	151	McKenna, Patrick	56	M	Male 50-59		31:30.3	31:37.9	10:12 / mi
104.	125	Koons, Joshua	44	M	Male 40-49		31:37.9	31:42.5	10:13 / mi
105.	130	Lambert, Nolan	17	M	Male 15-19		31:52.3	31:56.8	10:18 / mi
106.	117	Jameson, Ruth	50	F	Female 50-59		31:39.3	31:59.7	10:19 / mi
107.	116	Jameson, Jacob	25	M	Male 20-29		31:40.1	32:00.3	10:19 / mi
108.	140	MacDonald, Katrina	49	F	Female 40-49		32:03.5	32:11.8	10:23 / mi
109.	70	Endieveri, Deana	53	F	Female 50-59		32:25.6	32:33.5	10:30 / mi
110.	201	Ross, Nathan	36	M	Male 30-39		32:37.2	32:43.8	10:33 / mi
111.	95	Gron, Stanislav	41	M	Male 40-49		32:37.5	32:44.2	10:33 / mi
112.	286	Killian, Pat	54	M	Male 50-59		32:49.9	33:06.8	10:40 / mi
113.	62	DePasquale, Nikki	50	F	Female 50-59		33:08.7	33:15.6	10:43 / mi
114.	241	Touse, Amanda	22	F	Female 20-29		33:09.4	33:19.2	10:44 / mi
115.	149	McDonald Boland, Caryn	31	F	Female 30-39		33:18.6	33:27.4	10:47 / mi
116.	14	Bain, MaryEllen	70	F	Female 70-79		33:29.1	33:35.2	10:50 / mi
117.	289	Willis, Stephanie	28	F	Female 20-29		33:29.7	33:40.8	10:51 / mi
118.	225	Smith, Brittany	36	F	Female 30-39		34:13.4	34:34.9	11:09 / mi
119.	273	Gouden, Meaghan	51	F	Female 50-59		34:34.7	34:40.8	11:11 / mi
120.	69	Durling, Michael	46	M	Male 40-49		34:23.4	34:41.5	11:11 / mi
121.	173	Old Elk, Monica	39	F	Female 30-39		34:31.0	34:50.5	11:14 / mi
122.	24	Beecher, Daniel	50	M	Male 50-59		35:00.9	35:05.7	11:19 / mi
123.	23	Beecher, Amanda	43	F	Female 40-49		35:02.2	35:06.6	11:19 / mi
124.	242	Touse, Brian	54	M	Male 50-59		34:58.7	35:12.1	11:21 / mi
125.	112	Howk, Dawn	59	F	Female 50-59		34:51.8	35:23.4	11:24 / mi
126.	162	Morin, Brock	15	M	Male 15-19		35:10.4	35:28.6	11:26 / mi
127.	165	Morin, Sean	52	M	Male 50-59		35:10.8	35:29.3	11:26 / mi
128.	31	Brown, Heather	43	F	Female 40-49		35:34.7	35:40.9	11:30 / mi



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Overall Results 5K

Plac	Bib	Name	Age	Gen	AG	Corporati	ChipTi	GunTime	Pace
129.	109	Hildreth, Chad	46	M	Male 40-49		36:32.6	36:40.9	11:49 / mi
130.	132	Lapham, Amy	46	F	Female 40-49		36:12.0	36:44.8	11:51 / mi
131.	87	Goldstein, Avi	35	M	Male 30-39		36:35.2	36:48.7	11:52 / mi
132.	44	Christensen, Ryan	27	M	Male 20-29		36:35.3	36:49.2	11:52 / mi
133.	256	Waldmann, Jill	54	F	Female 50-59		36:46.2	36:58.3	11:55 / mi
134.	115	Howk, Natalie	25	F	Female 20-29		36:39.3	37:11.1	11:59 / mi
135.	259	Wilcox, Llz	52	F	Female 50-59		36:58.2	37:35.1	12:07 / mi
136.	243	Touse, Lisa	54	F	Female 50-59		38:03.1	38:18.1	12:21 / mi
137.	292	Denis, Lawson	8	M	Male 14 & Under		38:27.0	38:31.7	12:25 / mi
138.	59	Denis, Jennifer	41	F	Female 40-49		38:26.4	38:32.4	12:25 / mi
139.	183	Pickering, Charolet	14	F	Female 14 & Under		38:33.8	38:33.8	12:26 / mi
140.	133	Lapham, Katherine	49	F	Female 40-49		38:11.4	38:44.9	12:29 / mi
141.	78	Fogg, Farrah	34	F	Female 30-39		38:57.0	39:02.6	12:35 / mi
142.	143	Marzello, Kayla	35	F	Female 30-39		38:56.6	39:02.7	12:35 / mi
143.	114	Howk, Matt	39	M	Male 30-39		40:13.8	40:44.5	13:08 / mi
144.	113	Howk, Jennifer	42	F	Female 40-49		40:14.4	40:44.8	13:08 / mi
145.	260	Win, San	49	F	Female 40-49		40:36.3	40:51.5	13:10 / mi
146.	85	Gijanto, Rebecca	44	F	Female 40-49		42:05.7	42:14.8	13:37 / mi
147.	80	Fowler, Katie	35	F	Female 30-39		42:02.2	42:18.5	13:38 / mi
148.	291	Fitzgibbon, Cole	6	M	Male 14 & Under		42:23.0	42:47.1	13:48 / mi
149.	218	Sharrow, Rebecca	43	F	Female 40-49		42:22.0	42:47.5	13:48 / mi
150.	34	Burch, Magen	37	F	Female 30-39		42:26.5	42:49.6	13:48 / mi
151.	290	Fitzgibbon, Callie	8	F	Female 14 & Under		42:25.9	42:52.5	13:49 / mi
152.	92	Graybill, Andi	38	F	Female 30-39		43:14.9	43:26.5	14:00 / mi
153.	139	MacCue Kavanaugh,	42	F	Female 40-49		44:02.7	44:38.9	14:24 / mi
154.	36	Bussing, Gregory	63	M	Male 60-69		45:48.4	45:53.1	14:48 / mi
155.	37	Bussing, Michelle	55	F	Female 50-59		45:47.5	45:53.1	14:48 / mi
156.	93	Green, Victoria	68	F	Female 60-69		45:45.7	46:19.2	14:56 / mi
157.	217	Sharpe, Emily	27	F	Female 20-29		46:23.4	46:38.6	15:02 / mi
158.	11	Bachmann, Allison	27	F	Female 20-29		46:22.9	46:38.9	15:02 / mi
159.	163	Morin, Cassandra	43	F	Female 40-49		46:42.1	46:42.1	15:03 / mi
160.	144	Mattison, Jim	38	M	Male 30-39		47:57.4	48:04.2	15:30 / mi
161.	4	Alden, Kari	46	F	Female 40-49		47:58.4	48:04.4	15:30 / mi
162.	157	Mitchell, Allyson	50	F	Female 50-59		49:06.3	49:21.7	15:55 / mi
163.	195	Riley, Candyce	56	F	Female 50-59		48:47.8	49:22.5	15:55 / mi
164.	128	Krause, Nicole	46	F	Female 40-49		49:31.2	49:57.3	16:06 / mi
165.	181	Perez, Mary	41	F	Female 40-49		49:31.2	49:57.9	16:07 / mi
166.	29	Brambley, Dana	61	M	Male 60-69		50:09.6	50:37.6	16:19 / mi
167.	28	Brambley, Catherine	60	F	Female 60-69		50:07.1	50:37.7	16:19 / mi
168.	209	Schlak, Allison	32	F	Female 30-39		50:47.5	51:16.6	16:32 / mi
169.	199	Rogers, Arlette	61	F	Female 60-69		50:46.4	51:17.5	16:32 / mi
170.	57	DeMarco, Christina	38	F	Female 30-39		50:55.6	51:18.1	16:32 / mi
171.	18	Basile, Cherie	52	F	Female 50-59		51:07.9	51:22.4	16:34 / mi



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Overall Results 5K

Plac	Bib	Name	Age	Gen	AG	Corporati	ChipTi	GunTime	Pace
172.	63	Devlin, Tim	59	M	Male 50-59		51:10.6	51:23.3	16:34 / mi
173.	17	Basile, Adam	22	M	Male 20-29		51:08.4	51:24.0	16:34 / mi
174.	210	Schlak, Sally	63	F	Female 60-69		51:03.8	51:32.0	16:37 / mi
175.	229	Spinner, Belinda	59	F	Female 50-59		51:02.5	51:32.6	16:37 / mi
176.	254	Wager, Richard	40	M	Male 40-49		51:01.6	51:36.0	16:38 / mi
177.	83	Fuller, Allie	34	F	Female 30-39		51:09.4	51:54.3	16:44 / mi
178.	211	Schwinghammer, Harper	9	F	Female 14 & Under		51:07.4	51:54.3	16:44 / mi
179.	41	Carte, Lori	63	F	Female 60-69		51:50.3	52:23.3	16:53 / mi
180.	138	Lozier, Cathy	63	F	Female 60-69		51:50.8	52:23.5	16:54 / mi
181.	248	Uebrick, Kevin	29	M	Male 20-29		51:46.5	52:32.0	16:56 / mi
182.	249	Uebrick, Mary Beth	55	F	Female 50-59		51:55.5	52:32.7	16:56 / mi
183.	72	Fauler, Andrea	27	F	Female 20-29		51:47.2	52:33.2	16:57 / mi
184.	300	Moosbrugger, Zachary	35	M	Male 30-39		52:06.4	53:05.0	17:07 / mi
185.	299	Moosbrugger, Ashlee	34	F	Female 30-39		52:10.9	53:09.3	17:08 / mi
186.	261	Winchip, Jennifer	38	F	Female 30-39		52:55.4	53:25.9	17:14 / mi
187.	182	PERRY, MARY	65	F	Female 60-69		52:56.8	53:39.6	17:18 / mi
188.	103	Harris, Sheila	60	F	Female 60-69		54:08.4	54:25.8	17:33 / mi
189.	101	Harris, Julia	32	F	Female 30-39		54:08.5	54:26.0	17:33 / mi
190.	215	Shannon, Erin	27	F	Female 20-29		54:12.1	54:44.0	17:39 / mi
191.	216	Shannon, Mary	59	F	Female 50-59		54:14.1	54:44.2	17:39 / mi
192.	46	Clarke, Rebecca	39	F	Female 30-39		54:44.1	55:20.0	17:50 / mi
193.	134	LaRock, Linda	63	F	Female 60-69		55:46.8	55:56.8	18:02 / mi
194.	298	Farenell, Julia		F			55:30.2	56:00.0	18:03 / mi
195.	284	Galvadi, Justin	5	M	Male 14 & Under		57:17.7	58:03.0	18:43 / mi
196.	285	Galvardi, Jaxon	3	M	Male 14 & Under		57:17.7	58:03.8	18:43 / mi
197.	283	Galvadi, Kristin	43	F	Female 40-49		57:35.3	58:20.2	18:49 / mi
198.	61	Denison, Christina	49	F	Female 40-49		57:47.0	58:59.1	19:01 / mi
199.	60	Denison, Christian	51	M	Male 50-59		57:46.7	58:59.3	19:01 / mi
200.	196	Riley, Kylie	16	F	Female 15-19		58:40.8	59:16.3	19:07 / mi
201.	102	Harris, Katie	33	F	Female 30-39		58:42.7	59:16.5	19:07 / mi
202.	76	Fitzgibbon, Daniel	44	M	Male 40-49		59:20.9	59:47.7	19:17 / mi
203.	272	Davis, Renee	62	F	Female 60-69		59:01.3	59:52.3	19:18 / mi
204.	212	Scimeca, Paul	60	M	Male 60-69		1:00:00.9	1:00:44.3	19:35 / mi
205.	52	Croyle, Wayne	50	M	Male 50-59		1:00:18.3	1:01:03.3	19:41 / mi
206.	50	Coyle, Janice	64	F	Female 60-69		1:04:37.2	1:04:50.0	20:54 / mi
207.	180	Parot, Courtney	37	F	Female 30-39		1:04:37.7	1:04:50.5	20:54 / mi

Number of records: 207



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