

# FOX TROT 5K AND 10K

Position	Bib	Name	Finish	Pace	Age	Gender	Division	City	Team Name
5K MALE 1-19 - based on Gun Elapsed time									
1	245	GAVIN WINACOTT	00:23:49.6	7:41	10	M	5K		Team winacott
2	24	KADEN BENTLEY	00:29:22.5	9:28	11	M	5K	EAGLE BRIDGE	Team Bentley
3	265	KURTIS NOATZ	00:35:01.0	11:18	11	M	5K		
5K FEMALE 1-19 - based on Gun Elapsed time									
1	272	LUCY PLISCOFSKY	00:33:52.4	10:55	10	F	5K		
2	61	LAUREN DURFEY	00:37:44.3	12:10	12	F	5K	GANSEVOORT	
3	284	SARAH VITTENGL	00:39:06.2	12:37	11	F	5K		
5K MALE 20-29 - based on Gun Elapsed time									
1	181	JAKE ROBINSON	00:21:42.0	7:00	25	M	5K	SARATOGA SPRINGS	Team Carrie B
2	139	SCOTT MORGAN	00:24:31.6	7:55	27	M	5K		Go-For Fitness
3	187	IVAN SCHNEIBLE	00:37:32.9	12:06	23	M	5K	LAFAYETTE	Team Beat PD
5K FEMALE 20-29 - based on Gun Elapsed time									
1	166	MAYA PHILLIPS	00:31:12.6	10:04	20	F	5K	ARGYLE	
2	149	JESSIE NICHOLS	00:34:32.4	11:08	29	F	5K	FORT EDWARD	
3	18	JESSICA BAUDER	00:37:33.1	12:07	24	F	5K	QUEENSBURY	Team Beat PD
5K MALE 30-39 - based on Gun Elapsed time									
1	241	JACOB WILDE	00:22:40.4	7:19	36	M	5K	QUEENSBURY	
2	263	CANDIDO	00:25:35.7	8:15	31	M	5K		
3	240	JOSHUA WICKERT	00:27:54.9	9:00	31	M	5K	ROTTERDAM	Team HGW
5K FEMALE 30-39 - based on Gun Elapsed time									
1	30	KRISTEN BOGDAN	00:26:08.3	8:26	36	F	5K	SOUTH GLENS FALLS	Go-For Fitness
2	101	CAITLIN HOGAN MORGAN	00:26:56.2	8:41	31	F	5K	GANSEVOORT	Go-For Fitness
3	251	SARAH ZAMPELLA	00:27:42.4	8:56	36	F	5K	PARLIN	Go-For Fitness
5K MALE 40-49 - based on Gun Elapsed time									
1	147	TONY NASSIVERA	00:25:20.8	8:10	46	M	5K	QUEENSBURY	
2	22	ADAM BELCHER	00:27:51.5	8:59	44	M	5K	SARATOGA SPRINGS	
3	233	LARRY WEINGARTNER	00:33:18.0	10:45	42	M	5K	GANSEVOORT	Team Lewy
5K FEMALE 40-49 - based on Gun Elapsed time									
1	121	ANGIE LAUDER	00:27:33.7	8:53	40	F	5K	GREENWICH	Custom Fitness
2	256	TRACY PODNORSZKI	00:29:02.1	9:22	44	F	5K	FORT EDWARD	
3	109	CINDY KEHN	00:30:39.3	9:53	45	F	5K	WILTON	Custom Fitness
5K MALE 50-59 - based on Gun Elapsed time									
1	54	THOMAS DENHAM	00:23:10.6	7:28	51	M	5K	DELMAR	
2	264	BRYAN H CROSIER	00:23:19.0	7:31	54	M	5K		
3	246	JEFFREY WINACOTT	00:30:23.3	9:48	52	M	5K	SARATOGA SPRINGS	Team winacott
5K FEMALE 50-59 - based on Gun Elapsed time									

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Position	Bib	Name	Finish	Pace	Age	Gender	Division	City	Team Name
1	174	SANDRA REULET	00:26:32.0	8:34	55	F	5K	SARATOGA SPRINGS	Team Smith
2	91	KATHLEEN GUY	00:29:29.8	9:31	51	F	5K	QUEENSBURY	
3	237	LINDA WELLS	00:30:52.7	9:57	56	F	5K	SOUTH GLENS FALLS	

## 5K MALE 60-69 - based on Gun Elapsed time

1	227	TOM VENTRE	00:23:15.1	7:30	65	M	5K	GANSEVOORT.	
2	262	ROGER DEMARSH	00:47:13.6	15:14	60	M	5K		
3	114	DOUGLAS KIRK	00:48:14.1	15:34	64	M	5K	GREENWICH	

## 5K FEMALE 60-69 - based on Gun Elapsed time

1	12	MARY ELLEN BAIN	00:32:44.5	10:34	66	F	5K	ARGYLE	Team Smith
2	228	SUSAN VINCENT	00:37:12.4	12:00	68	F	5K	QUEENSBURY	
3	196	SUE SMITH	00:40:36.2	13:06	66	F	5K	CHESTER	Tech Trotters

## 5K MALE 70-79 - based on Gun Elapsed time

1	203	NORMAN STEVENS	00:30:07.5	9:43	77	M	5K	MOREAU	Team Smith
2	145	ROBERT MURRAY	00:40:53.1	13:11	72	M	5K	SOUTH GLENS FAKKS	
3	72	PAUL FLOOD	00:59:11.0	19:05	70	M	5K	S GLENS FALLS	Flood Family

## 5K FEMALE 70-79 - based on Gun Elapsed time

1	116	SANDRA KNIPES	00:49:51.6	16:05	70	F	5K	GRANVILLE	
2	230	DOTTIE WAITE	00:56:55.7	18:22	70	F	5K	SOUTH GLENS FALLS	
3	31	RUTH BRALEY	01:07:12.0	21:41	71	F	5K	NY	

## 5K MALE 80 + - based on Gun Elapsed time

## 5K FEMALE 80 + - based on Gun Elapsed time

## 5K MALE UNKNOWN AGE - based on Gun Elapsed time

## 5K FEMALE UNKNOWN AGE - based on Gun Elapsed time

1	267	DIANE MEADE	00:59:50.6	19:18	99	F	5K		
2	289	KRISTEN O'CONNOR	01:00:08.6	19:24	99	F	5K		Team Smith