

FLASHLIGHT 5K

5K

RESULTS

09/29/2018



COLES WOODS TRAILS
ADIRONDACK RACE

OA

PLC	BIB	PLC	CLS	NAME	AGE/LOCATION/TEAM	TIME	BEHIND	PACE
OVERALL FEMALE								
1	2	3	OF	AVERY, CLARA	13 GLENS FALLS NY	:25:11.3	: 0.0	8:07
2	34	4	OF	MOORE, JUSTINE	36 GLENS FALLS NY	:25:27.9	:16.6	8:12
3	11	6	OF	DUGGAL, ELOISE	13 GLENS FALLS NY	:26:27.6	1:16.3	8:32
OVERALL MALE								
1	22	1	OM	LAMANDO, NICK	60 QUEENSBURY NY	:23:39.7	: 0.0	7:37
2	48	2	OM	REVELL, JACOB	13 SOUTH GLENS FALLS	:24:55.2	1:15.5	8:02
3	33	5	OM	MOORE, CHRISTOPHER	42 GLENS FALLS NY	:25:28.8	1:49.1	8:13
FEMALE 1-9								
1	38	21	G1	O'KEEFFE, GRACE	7 QUEENSBURY NY	:34:08.1	: 0.0	11:00
2	60	22	G1	SYLOFSKI, MAEGAN	8 GANSEVOORT NY	:34:37.1	:29.0	11:10
3	30	41	G1	MILLER, OLIVIA	9 QUEENSBURY NY	:36:27.7	2:19.6	11:45
4	32	45	G1	MILLER, SYDNEY	7 QUEENSBURY NY	:38:05.7	3:57.6	12:17
5	63	51	G1	TRANOWICZ, LYLLEI	9 GLENS FALLS NY	:41:12.4	7:04.3	13:17
6	77	52	G1	JOHNSTON, LAYLA	9 LAKE GEORGE NY	:41:15.9	7:07.8	13:18
7	49	61	G1	RICKETTS, AURORA	5 QUEENSBURY NY	:44:34.7	10:26.6	14:22
8	25	64	G1	MATTE, BAILEY	7 GLENS FALLS NY	:52:09.3	18:01.2	16:49
MALE 1-9								
1	39	31	B1	O'KEEFFE, GRANT	9 QUEENSBURY NY	:35:44.7	: 0.0	11:31
2	71	36	B1	YOUNG, CHARLES	9 GLENS FALLS NY	:36:15.0	:30.3	11:41
3	28	42	B1	MENARD, BENNETT	9 QUEENSBURY NY	:37:11.2	1:26.5	11:59
4	7	66	B1	CHEVERE, KAYDEN	7 HUDSON FALLS NY	:53:05.8	17:21.1	17:07
FEMALE 10-14								
1	58	37	G2	SWAN-SCOTT, ROWAN	13 QUEENSBURY NY	:36:17.0	: 0.0	11:42
2	14	38	G2	GIUMARRA, SADIE	13 QUEENSBURY NY	:36:18.6	: 1.6	11:42
3	21	44	G2	KRIZAN, TABITHA	11 MONTOURSVILLE PA	:37:33.6	1:16.6	12:06
MALE 10-14								
1	68	17	B2	HAYMAN, BENJAMIN	12 GLENS FALLS NY	:33:58.3	: 0.0	10:57
2	70	19	B2	FRANKENFELL, JOE	11 GLENS FALLS NY	:34:01.3	: 3.0	10:58
3	75	32	B2	SNOW, SEAMUS	13 QUEENSBURY NY	:35:46.1	1:47.8	11:32
4	66	43	B2	WALTON, DAVID	14 QUEENSBURY NY	:37:12.3	3:14.0	12:00
5	29	49	B2	MENARD, JACKSON	11 QUEENSBURY NY	:40:51.3	6:53.0	13:10
FEMALE 15-19								
1	20	48	G3	KRIZAN, LYDIA	16 MONTOURSVILLE PA	:38:36.3	: 0.0	12:27
2	59	53	G3	SWAN-SCOTT, WILLOW	17 QUEENSBURY NY	:41:17.5	2:41.2	13:19
3	13	54	G3	GIUMARRA, NATALIE	16 QUEENSBURY NY	:41:19.1	2:42.8	13:19
4	46	57	G3	PHELPS, MADISON	16 GLENS FALLS NY	:42:45.4	4:09.1	13:47
MALE 15-19								
1	76	50	B3	FORD, AIDAN	15 QUEENSBURY NY	:40:58.6	: 0.0	13:13



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FEMALE 20-29								
1	4	10	G4	BRAUNING, HANNAH	27 QUEENSBURY NY	:28:21.1	: 0.0	9:08
2	53	14	G4	SINCLAIR, EMMA	29 QUEENSBURY NY	:31:02.3	2:41.2	10:00
3	12	35	G4	GIORGIANNI, GINA	29 GLENS FALLS NY	:36:12.9	7:51.8	11:40
4	62	70	G4	TIBERIA, VICKY	28 BALLSTON LAKE NY	:56:17.0	27:55.9	18:09
MALE 20-29								
1	1	11	B4	ASHLINE, DEVIN	26 GREENFIELD CENTER	:28:34.3	: 0.0	9:13
2	24	30	B4	LYONS, JOSH	27 GLENS FALLS NY	:35:14.7	6:40.4	11:22
FEMALE 30-39								
1	81	24	G5	NOVOTNY, DAWN	33 GANSEVOORT NY	:34:40.2	: 0.0	11:11
2	18	26	G5	KERGEL, AMANDA	36 GLENVILLE NY	:34:55.8	:15.6	11:16
3	64	28	G5	WADSWORTH, BRANDY	39 FORT EDWARD NY	:35:11.5	:31.3	11:21
4	27	34	G5	MCGUIRE, SARAH	32 QUEENSBURY NY	:36:11.7	1:31.5	11:40
5	45	58	G5	PHELPS, KATLYN	32 GLENS FALLS NY	:42:47.1	8:06.9	13:48
6	43	60	G5	PERRYMAN, MEGHAN	39 WEVERTOWN NY	:43:27.2	8:47.0	14:01
7	15	71	G5	GRANDJEAN, MELISSA	40 GLENVILLE NY	:56:18.5	21:38.3	18:09
MALE 30-39								
1	8	7	B5	CHOWSKE, NICHOLAS	35 QUEENSBURY NY	:26:33.0	: 0.0	8:33
2	42	12	B5	PERRYMAN, ART	39 WEVERTOWN NY	:28:50.5	2:17.5	9:18
3	69	33	B5	LAPOSTA, JOSEPH	32 TROY NY	:36:09.9	9:36.9	11:39
4	44	55	B5	PHELPS, JOSH	33 GLENS FALLS NY	:42:19.4	15:46.4	13:39
5	50	62	B5	RICKETTS, SCOTT	37 QUEENSBURY NY	:44:37.5	18:04.5	14:23
6	6	67	B5	CHEVERE, CARLOS	33 HUDSON FALLS NY	:53:07.1	26:34.1	17:08
7	56	69	B5	SMITH, DAN	34 MECHANICVILLE NY	:56:15.3	29:42.3	18:08
8	55	80	B5	SKAHEN, DAN	31 QUEENSBURY NY	:59:28.9	32:55.9	19:11
FEMALE 40-49								
1	41	13	G6	OLMSTEAD, KRISTIN	47 HUDSON FALLS NY	:29:50.7	: 0.0	9:37
2	78	25	G6	JOHNSTON, BROOKE	40 LAKE GEORGE NY	:34:42.1	4:51.4	11:11
3	17	47	G6	HERRICK, ANNE	41 MECHANICVILLE NY	:38:33.3	8:42.6	12:26
4	35	73	G6	MOSES, PAIGE	49 GLENS FALLS NY	:58:46.1	28:55.4	18:57
MALE 40-49								
1	3	9	B6	BALFOORT, WILLIAM	43 BALLSTON LAKE NY	:28:13.9	: 0.0	9:06
2	40	20	B6	O'KEEFFE, PATRICK	43 QUEENSBURY NY	:34:06.6	5:52.7	11:00
3	61	23	B6	SYLOFSKI, MIKE	46 GANSEVOORT NY	:34:38.5	6:24.6	11:10
4	19	27	B6	KERGEL, JEREMY	44 GLENVILLE NY	:34:57.1	6:43.2	11:16
5	72	39	B6	YOUNG, STEVE	49 GLENS FALLS NY	:36:23.5	8:09.6	11:44
6	31	46	B6	MILLER, SCOTT	41 QUEENSBURY NY	:38:07.3	9:53.4	12:17
7	26	65	B6	MATTE, CHRISTOPHER	40 GLENS FALLS NY	:52:10.9	23:57.0	16:49
FEMALE 50-59								



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FEMALE 50-59								
1	65	15	G7	WALKER, AMY	51 FT EDWARD NY	:31:22.4	: 0.0	10:07
2	23	29	G7	LOOMIS, HEATHER	51 HAMPTON NY	:35:13.1	3:50.7	11:21
3	73	40	G7	CAMPBELL, BETH	50 GLENS FALLS NY	:36:25.2	5:02.8	11:44
4	16	74	G7	HALL-BROWN, IRIS	58 SOUTH GLENS FALLS	:58:48.2	27:25.8	18:58
5	9	75	G7	COMSTOCK, TRUDDIE	57 QUEENSBURY NY	:58:50.5	27:28.1	18:58
MALE 50-59								
1	57	16	B7	STURN, PETER T	53 FT EDWARD NY	:31:23.8	: 0.0	10:07
2	67	18	B7	HEYMAN, CORY	50 GLENS FALLS NY	:34:00.0	2:36.2	10:58
3	51	68	B7	SESTITO, JOHN	55 JOHNSONVILLE NY	:56:13.4	24:49.6	18:08
4	10	72	B7	DENINO, ROCKY	54 GLENS FALLS NY	:58:43.0	27:19.2	18:56
FEMALE 60-69								
1	36	59	G8	MYHRBERG, PATTY	65 QUEENSBURY NY	:42:54.3	: 0.0	13:50
2	47	63	G8	PIERCE, SUE	64 HUDSON FALLS NY	:44:40.0	1:45.7	14:24
3	74	76	G8	FISH, JOAN	61 GLENS FALLS NY	:59:22.7	16:28.4	19:09
4	52	77	G8	SHIPLEY, LINDA	61 CLIFTON PARK NY	:59:24.2	16:29.9	19:09
5	54	78	G8	SINCLAIR, ZEE	67 QUEENSBURY NY	:59:26.5	16:32.2	19:10
6	5	79	G8	CARABER, PAM	64 QUEENSBURY NY	:59:27.7	16:33.4	19:10
MALE 60-69								
1	80	8	B8	ROZELL, MIKE	61 QUEENSBURY NY	:26:42.9	: 0.0	8:37
2	37	56	B8	MYHRBERG, STEVE	65 QUEENSBURY NY	:42:22.6	15:39.7	13:40

80 COMPETITORS

