

Sap Run 5K - 3/22/2014

Knox, NY

Rankings

Event 1 Mixed 1-99 5k Run RR

Name	Age Team	Finals	Points
Overall Results Women 5000 Run			
1 Murray, Colleen	W40 Slingerlands, NY	22:06	
Overall Results Men 5000 Run			
1 Forti, Adam	M19 Altamont, NY	18:34	
1-19 Results - Women 5000 Run			
1 Myers, Christie	W16 Altamont, NY	22:15	
2 Howe, Laura	W12 Ballston Spa, NY	25:42	
3 McKearin, Alexandria	W13 Valatie, NY	26:28	
4 Kiser, Danielle	W18 Cobleskill, NY	27:30	
5 O'Keefe, Brooke	W13 Berne, NY	30:53	
6 Gibeau, Suzie	W19 Voorheesville, NY	36:43	
7 Wright, Alexis	W10 Berne, NY	40:55	
8 Lefkaditis, Kiki	W11 Berne, NY	41:09	
20-29 Results - Women 5000 Run			
1 Kreiger, Sarah	W26 Ballston Spa, NY	27:15	
2 Mennella, Katelyn	W24 Albany, NY	27:56	
3 Gwin, Betsy	W29 Jamaica Plain, MA	28:27	
4 Klock, Sara	W21 Sprakers, NY	28:34	
5 Mahoney, Courtney	W26 Johnstown, NY	28:39	
6 Tepper, Naomi	W28 Astoria, NY	29:31	
7 Razai, Shamcia	W26 Altamont, NY	29:45	
8 Stephens, Alysha	W23 Esperance, NY	30:25	
9 Silberman, Jenna	W25 Albany, NY	31:01	
10 Novak, Erica	W26 Cobleskill, NY	31:34	
11 Florek, Julie	W26 Albany, NY	32:47	
12 Terrel, Jenny	W29 East Berne, NY	35:12	
13 Motschman, X	W25 Berne, NY	37:02	
14 Frederick, Rebecca	W29 East Nassau, NY	38:41	
15 Morello, Christina	W28 Rotterdam, NY	41:46	
30-39 Results - Women 5000 Run			
1 Versteegan, Meg	W34 Schenectady, NY	22:07	
2 Oakden, Maria	W32 Broadalbin, NY	24:00	
3 Wright, Amy	W36 Berne, NY	27:56	
4 Sornberger, Kacey	W38 Albany, NY	27:58	
5 Yatrakis, Lisa	W35 Sloansville, NY	28:42	
6 Palmer, Alicia	W34 Gilboa, NY	30:45	
7 Farley, Laura	W30 Slingerlands, NY	32:26	
8 Poole, Season	W34 Berne, NY	32:47	
9 Dutcher, Rene	W30 Gloversville, NY	32:51	
10 Dingman, Sabra-Joi	W30 Latham, NY	33:18	
11 Richards, Rachel	W31 East Nassau, NY	34:36	
12 Colletti, Jennifer	W38 Albany, NY	34:40	
13 Casler, Brya	W38 Canajoharie, NY	35:40	
14 Bradt, LeAnn	W32 Cobleskill, NY	35:58	
15 Capron, Melanie	W38 Duaneburg, NY	35:59	
16 Temp, Dana	W31 Esperance, NY	37:13	
17 Brigham, Therese	W30 Esperance, NY	37:13	
18 Demarest, Julie	W30 Albany, NY	37:48	
19 Morales, Maria	W30 Schenectady, NY	38:08	
20 Backowski, Amanda	W31 Schenectady, NY	38:13	
21 Trapasso, Lindsay	W34 Altamont, NY	38:39	
22 VonFricken, Miranda	W33 Schenectady, NY	38:46	
23 Kuzmak, Mara	W33 Albany, NY	41:43	

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24	Evans, Lynn	W33 Poestenkill, NY	41:44
25	Saunders, Stephanie	W38 Lawrenceville, NJ	41:44
26	Calabrese, Sherri	W33 Feura Bush, NY	41:46
27	Saposnick, Kelly	W39 Clifton Park, NY	42:38
40-49 Results - Women 5000 Run			
1	Miner, Kristi	W42 Cobleskill, NY	25:24
2	Haskins, Merarth	W43 Rexford, NY	26:52
3	Sweet, Patricia	W48 Fort Plain, NY	29:19
4	Wilday, Sheila	W46 Sharon Springs, NY	30:50
5	Treasure, Kathleen	W47 Castleton, NY	31:14
6	Alderman, Catherine	W44 Slingerlands, NY	32:28
7	Foley, Kristen	W40 Voorheesville, NY	33:09
8	Powarzynski, Amy	W48 Westerlo, NY	35:38
9	Coryell, Barbara	W47 Ravena, NY	37:41
10	Gibeau, Tracy	W43 Voorheesville, NY	41:42
50-59 Results - Women 5000 Run			
1	Chardavoyne, MaryEllen	W53 Glenmont, NY	28:40
2	DeRusso, Lynne	W57 East Berne, NY	29:29
3	Reynolds, Joyce	W54 Rensselaer, NY	30:06
4	Travis, Suzanne	W54 Clifton Park, NY	30:19
5	Cook, Anne	W50 Berne, NY	30:42
6	O'Keefe, Jackie	W50 Berne, NY	30:55
7	Spano, Jill	W50 Albany, NY	34:09
8	Forbes-Smith, Alison	W56 Cobleskill, NY	34:31
60-69 Results - Women 5000 Run			
1	Celentano, Joan	W60 Schenectady, NY	27:30
2	Marre, Valerie	W60 Albany, NY	33:19
3	Johnston, Nancy	W68 Ballston Lake, NY	36:32
4	Carpenter, Alice	W63 Delmar, NY	36:53
70-99 Results - Women 5000 Run			
1	Bishop, Christine	W70 Schenectady, NY	39:09
1-19 Results - Men 5000 Run			
1	Howe, Will	M14 Ballston Spa, NY	19:53
2	Shattuck, X	M17 Schenectady, NY	22:43
3	Maynard, Holden	M14 Schenectady, NY	23:09
4	Lefkaditis, Stavros	M9 Berne, NY	27:58
5	Kergel, Thomas	M10 Glenville, NY	30:35
6	Calabrese, Jared	M13 Feura Bush, NY	36:41
7	Saposnick, Brandon	M8 Clifton Park, NY	42:35
20-29 Results - Men 5000 Run			
1	Spencer, Joseph	M27 Hagaman, NY	23:11
2	Cernauskas, X	M27 Richmondville, NY	27:29
3	Hext, Jerry	M21 Clifton Park, NY	28:44
4	Novak, Andrew	M26 Cobleskill, NY	30:15
5	Sequin, Eric	M29 Altamont, NY	32:55
30-39 Results - Men 5000 Run			
1	Lansing, Mark	M37 Niskayuna, NY	20:56
2	Mesiser, X	M33 Slingerlands, NY	21:23
3	Altobello, Joseph	M36 Green Island, NY	22:22
4	O'Connor, Joshua	M38 Delanson, NY	22:43
5	Amorosa, Peter	M30 Albany, NY	22:44
6	Maynard, Steve	M38 Schenectady, NY	22:44
7	Meade, Daniel	M36 Schaghticoke, NY	22:51
8	Dorfman, Zack	M38 Guilderland, NY	22:52
9	Gerard, X	M35 Albany, NY	23:46

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10 Reynolds, Daniel	M34 Albany, NY	25:49
11 Green, Christopher	M31 Gloversville, NY	27:39
12 Mason, David	M31 Albany, NY	29:18
13 Kergel, Jeremy	M39 Glenville, NY	30:17
14 Saunders, Jason	M34 Cherry Plain, NY	39:15
40-49 Results - Men 5000 Run		
1 Palmer, Chris	M40 Middleburgh, NY	22:02
2 Howe, Russ	M49 Ballston Spa, NY	22:10
3 Pelletier, Robert	M41 Selkirk, NY	23:15
4 Keans, Brian	M42 Fultonville, NY	23:41
5 Southwick, Douglas	M46 Rensselaer, NY	24:11
6 Yeh, Kevin	M40 Lawrenceville, NJ	24:25
7 Roberts, Daniel	M41 Unattached	25:00
8 Miller, Rich	M43 Cobleskill, NY	25:45
9 Vetter, Gene	M40 Greenfield Ctr, NY	26:01
10 Gerken, Jeff	M48 Westerlo, NY	27:46
11 McCarthy, John	M42 Albany, NY	28:53
12 Denham, X	M46 Delmar, NY	29:00
13 Merolle, Jason	M41 Latham, NY	29:33
14 Smith, Marc	M41 Altamont, NY	30:32
15 Lefkaditis, Vasilios	M42 Berne, NY	39:30
50-59 Results - Men 5000 Run		
1 Stephenson, Mark	M50 Esperance, NY	19:11
2 Roy, David	M59 Schoharie, NY	19:18
3 Mercado, Sam	M51 Albany, NY	20:29
4 Longhi, Gary	M50 Voorheesville, NY	20:58
5 Kanarkiewicz, Bob	M54 Delanson, NY	22:29
6 Clark, Jeff	M56 Glenmont, NY	23:16
7 Green, Ron	M55 Gloversville, NY	23:29
8 Tumidajewicz, Chester	M59 Amsterdam, NY	24:39
9 Casey, Kevin	M55 Altamont, NY	27:44
10 Phillips, Larry	M53 Red Hook, NY	29:49
11 O'Keefe, Brian	M50 Berne, NY	30:43
12 Young, Frank	M51 Guilderland, NY	34:15
13 Madison, Daniel	M51 Altamont, NY	35:09
60-69 Results - Men 5000 Run		
1 Glass, David	M67 Glenville, NY	23:16
2 Wheely, Patrick	M61 Tribes Hill, NY	24:08
3 Patrick, Martin	M60 East Greenbush, NY	24:24
4 Cowie, Pete	M66 Schenectady, NY	26:21
5 Morgan, Rick	M62 Stillwater, NY	34:58
6 Vavasour, John	M65 Albany, NY	41:36
7 Hartmark, Leif	M68 Schenectady, NY	44:38
70-99 Results - Men 5000 Run		
1 Bishop, Charles	M78 Schenectady, NY	37:53