

HUDSON MOHAWK ROAD RUNNER'S CLUB TUESDAY NITE TRACK SERIES - JULY 13, 2010

Colonie High School

Men

<u>Open</u>		
100M	Keating	11.3
200M	Wightman	28.6
400M	Herman	51.0
800M	Cook	2:12.3
Mile	Allstadt	4:23.5
Mile Walk	Ruiz	14:20.2
2 Mile	Pagano	10:29.3
Shot Put	Murphy	35'4"

<u>Masters</u>		
400M	Triller	68.6
800M	Hoff	2:13.0
Mile	Greenberg	4:49.6
2 Mile	Foley	13:18.4
Discus	Dollard	87'9"

<u>Veterans</u>		
100M	Von Maltzahn	17.2
400M	Thorne	69.8
Mile	Rush	6:43.2
Shot Put	Von Maltzahn	24'6"

Submasters

800M	Tromp	2:30.1
Mile	Dempsey	4:37.1
2 Mile	Davey	11:19.3

Seniors

200M	Mueller	32.2
400M	Mueller	75.5
Mile	Munson	5:14.2
Mile Walk	Chicoine	9:31.6
2 Mile	Connor	12:34.5

Women

<u>Open</u>		
200M	Wightman	27.9
800M	Hilt	2:38.5
Mile	Lauterbach	5:21.4
Mile Walk	Capuano	12:08.2
2 Mile	Foley	15:50.1

<u>Masters</u>		
Mile	Bryans	5:11.2

<u>Veterans</u>		
Mile	Wong	7:10.2
Mile Walk	Wong	11:45.3
Shot Put	Vop Maltzahn	23'8"

Submasters

Mile	Oliver	5:48.5
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Seniors

800M	Berube	2:56.9
Mile	Phelps	6:23.7
1 Mile Walk	Petiet	11:44.2

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Mile	Stockman	9:34.1
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