

Delmar Dash 5M
 Delmar, NY
 April 3, 2016

Produced by the Hudson Mohawk Road Runners Club

Timing by ARE Event Productions, Inc.
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Place	Bib	Name	Age	Div	Divpl	S	City	St	1m	2m	3m	4m	5m	Nettime	Pace	Guntime	Pace	Team
1	295	Eric Macknight	27	OVA_M	1	M	Ballston Lake	NY	4:59	5:04	5:07	5:14	4:59	25:22	5:05	25:22	5:05	
2	291	Aaron Lozier	27	OVA_M	2	M	Albany	NY	5:07	5:26	5:29	5:42	5:26	27:08	5:26	27:08	5:26	ARE Racing Team
3	154	John Farley	27	OVA_M	3	M	Albany	NY	5:34	5:20	5:23	5:41	5:23	27:20	5:28	27:21	5:29	Willow Street AC
4	32	Alex Benway	25	M2529	1	M	Saratoga Springs	NY	5:34	5:16	5:34	5:43	5:23	27:29	5:30	27:30	5:30	Willow Street AC
5	328	Richard Messineo	27	M2529	2	M	Albany	NY	5:26	5:25	5:21	5:47	5:39	27:36	5:32	27:36	5:32	ARE Racing Team
6	409	Pete Rowell	27	M2529	3	M	Albany	NY			5:32	5:49	5:36	28:01	5:37	28:01	5:37	ARE Racing Team
7	317	Chris McCloskey	34	M3034	1	M	Glenmont	NY	5:44	5:31	5:34	5:49	5:33	28:09	5:38	28:10	5:38	Wild Rovers Racing Team
8	33	Eamon Dempsey	36	M3539	1	M	Delmar	NY	5:44	5:32	5:34	5:49	5:34	28:11	5:38	28:11	5:38	Wild Rovers Racing Team
9	507	Nick Webster	27	M2529	4	M	Albany	NY	5:45	5:42	5:42	5:45	5:29	28:20	5:40	28:20	5:40	ARE Racing Team
10	528	Kevin Treadway	27	M2529	5	M	Albany	NY	5:50	5:46	5:34	5:42	5:29	28:20	5:40	28:20	5:40	ARE Racing Team
11	523	Eric Young	24	M2024	1	M	Latham	NY	5:45	5:40	5:46	5:55	5:28	28:33	5:43	28:33	5:43	Fleet Feet Sports
12	169	Sean Gavaghan	28	M2529	6	M	Albany	NY	5:45	5:45	5:39	5:50	5:40	28:38	5:44	28:40	5:44	
13	63	Volker Burkowski	44	M4044	1	M	Gansevoort	NY	5:45	5:40	5:41	5:58	5:41	28:42	5:45	28:42	5:45	Willow Street AC
14	349	Matthew Ninneman	23	M2024	2	M	Albany	NY	5:44	5:40	5:42	5:58	5:44	28:46	5:46	28:46	5:46	ARE Racing Team
15	453	Derrick Staley	57	M5559	1	M	Ballston Lake	NY	5:45	5:47	5:42	6:01	5:47	29:01	5:49	29:02	5:49	Willow Street AC
16	467	Joseph Sullivan	37	M3539	2	M	Schenectady	NY	5:44	5:40	5:45	6:09	5:54	29:10	5:50	29:11	5:51	
17	86	Chris Chromczak	31	M3034	2	M	Delmar	NY	5:44	5:52	5:56	6:04	5:53	29:27	5:54	29:28	5:54	Wild Rovers Racing Team
18	157	Julia Flower	17	OVA_F	1	F	Schenectady	NY	5:45	5:41	5:46	6:19	6:07	29:35	5:55	29:35	5:55	Kinetic Running Club
19	255	Thomas Kracker	51	M5054	1	M	Delmar	NY	5:50	5:53	5:53	6:08	5:53	29:35	5:55	29:36	5:56	Adirondack Athletic Club
20	159	Peter Flynn	39	M3539	3	M	Delmar	NY	6:06	5:50	5:58	6:12	5:48	29:52	5:59	29:53	5:59	
21	229	Robert Irwin	43	M4044	2	M	Guilderland	NY	6:08	5:53	5:55	6:10	5:50	29:53	5:59	29:53	5:59	Willow Street AC
22	36	Karen Bertasso	31	OVA_F	2	F	Albany	NY	5:46	5:56	5:55	6:24	6:05	30:04	6:01	30:04	6:01	Willow Street AC
23	402	Andrew Rickert	37	M3539	4	M	Delmar	NY	6:06	5:54	5:55	6:10	6:01	30:05	6:01	30:07	6:02	Wild Rovers Racing Team
24	342	Paul Mueller	32	M3034	3	M	Delmar	NY	5:53	6:03	6:00	6:24	6:01	30:19	6:04	30:20	6:04	Wild Rovers Racing Team
25	191	Jeff Goupil	28	M2529	7	M	Ballston Lake	NY	5:46	6:02	6:11	6:30	6:00	30:29	6:06	30:29	6:06	ARE Racing Team
26	385	Matthew Purdy	37	M3539	5	M	Slingerlands	NY	6:09	6:06	6:03	6:12	6:05	30:32	6:07	30:32	6:07	
27	303	Henry Manley	15	M1519	1	M	Delmar	NY	6:14	6:03	6:11	6:07	5:56	30:29	6:06	30:33	6:07	
28	516	Brittany Winslow	22	OVA_F	3	F	Queensbury	NY	5:48	6:02	6:08	6:30	6:10	30:35	6:07	30:35	6:07	Willow Street AC
29	356	Robert Ordish	30	M3034	4	M	Glenmont	NY	6:04	6:01	6:08	6:23	6:02	30:36	6:08	30:38	6:08	
30	316	Andrew McCarthy	32	M3034	5	M	Albany	NY	6:04	5:52	6:00	6:25	6:22	30:42	6:09	30:43	6:09	Wild Rovers Racing Team
31	278	Christian W Lietza	53	M5054	2	M	Delmar	NY	6:07	6:09	6:07	6:22	6:05	30:47	6:10	30:48	6:10	
32	55	Emily Bryans	48	F4549	1	F	Delanson	NY	6:09	6:09	6:05	6:22	6:10	30:54	6:11	30:54	6:11	Willow Street AC
33	210	Ben Heller	27	M2529	8	M	Albany	NY	6:07	6:03	6:10	6:28	6:08	30:55	6:11	30:56	6:12	Team Utopia
34	331	Ryan Mitchell	49	M4549	1	M	Troy	NY	6:16	6:07	6:08	6:18	6:08	30:54	6:11	30:57	6:12	ARE Racing Team
35	113	Thomas Dalton	57	M5559	2	M	Schenectady	NY	6:07	6:11	6:10	6:24	6:09	30:59	6:12	30:59	6:12	Adirondack Athletic Club
36	343	Dan Murphy	41	M4044	3	M	Delmar	NY	6:17	6:01	6:12	6:21	6:08	30:57	6:12	30:59	6:12	
37	133	Michael Dinicola	41	M4044	4	M	Albany	NY	6:10	6:08	6:05	6:28	6:14	31:03	6:13	31:04	6:13	ARE Racing Team
38	439	Stephen Siebrecht	37	M3539	6	M	Delmar	NY	6:21	6:12	6:06	6:21	6:08	31:05	6:13	31:08	6:14	
39	482	Harry Thorp	15	M1519	2	M	Glenmont	NY	6:14	6:02	6:12	6:26	6:17	31:10	6:14	31:13	6:15	
40	158	Kerry Flower	15	F1519	1	F	Schenectady	NY	6:11	6:16	6:13	6:26	6:09	31:14	6:15	31:14	6:15	
41	204	Richard D. Hamlin	43	M4044	5	M	Chichester	NY	6:08	6:10	6:15	6:29	6:17	31:17	6:16	31:17	6:16	
42	97	Claire Collison	25	F2529	1	F	Albany	NY	6:16	6:07	6:15	6:28	6:12	31:16	6:16	31:18	6:16	ARE Racing Team
43	404	Jon Rocco	49	M4549	2	M	Colonie	NY	6:13	6:11	6:13	6:31	6:21	31:27	6:18	31:27	6:18	Team Utopia
44	535	Leo Rosenblum	15	M1519	3	M	Delmar	NY	6:23	6:12	6:10	6:30	6:21	31:34	6:19	31:38	6:20	
45	548	Geoff Decker				M	Brooklyn	NY	6:45	6:22	6:07	6:23	6:02	31:37	6:20	31:42	6:21	
46	144	William Drapeau	48	M4549	3	M	Glenville	NY	6:30	6:20	6:20	6:30	6:18	31:55	6:23	31:58	6:24	Saratoga Stryders
47	473	Ken Tarullo	47	M4549	4	M	Delmar	NY	6:27	6:18	6:19	6:36	6:24	32:02	6:25	32:05	6:25	Adirondack Athletic Club
48	445	Todd Smith	42	M4044	6	M	Voorheesville	NY	6:27	6:19	6:19	6:39	6:21	32:04	6:25	32:07	6:26	Team Utopia

49	449	Irene Somerville	23	F2024	1	F	Wynantskill	NY	6:21	6:25	6:22	6:39	6:19	32:05	6:25	32:07	6:26	
50	405	Oswaldo Rodriguez	37	M3539	7	M	Mechanicville	NY	6:32	6:22	6:19	6:33	6:21	32:06	6:26	32:08	6:26	
51	381	Lee Pollock	63	M6064	1	M	Queensbury	NY	6:26	6:25	6:23	6:33	6:23	32:08	6:26	32:09	6:26	
52	130	Dallas Devries	38	M3539	8	M	Cohoes	NY	6:31	6:21	6:17	6:39	6:30	32:15	6:27	32:17	6:28	Team Utopia
53	271	Russell Lauer	53	M5054	3	M	Troy	NY	6:21	6:25	6:27	6:47	6:20	32:18	6:28	32:19	6:28	
54	447	Nicole Soblosky	28	F2529	2	F	Albany	NY	6:16	6:23	6:38	6:52	6:11	32:18	6:28	32:20	6:28	ARE Racing Team
55	207	Erin Hatton	25	F2529	3	F	Troy	NY	6:43	6:31	6:27	6:29	6:16	32:25	6:29	32:27	6:30	ARE Racing Team
56	123	John Deer	33	M3034	6	M	Slingerlands	NY	6:37	6:27	6:25	6:33	6:21	32:21	6:29	32:30	6:30	
57	292	Brian Lusignan	31	M3034	7	M	Delmar	NY	6:33	6:37	6:30	6:41	6:18	32:37	6:32	32:39	6:32	
58	48	Jonathan Bright	45	M4549	5	M	Slingerlands	NY	6:17	6:31	6:33	6:53	6:26	32:38	6:32	32:41	6:33	
59	58	Chris Buckley	54	M5054	4	M	Burnt Hills	NY	6:32	6:37	6:30	6:41	6:26	32:45	6:33	32:46	6:34	Adirondack Athletic Club
60	431	John J. Sestito	52	M5054	5	M	Johnsonville	NY	6:32	6:33	6:27	6:48	6:37	32:56	6:36	32:57	6:36	Adirondack Athletic Club
61	155	Paul Flayter	37	M3539	9	M	Loudonville	NY	6:27	6:27	6:29	6:53	6:37	32:52	6:35	32:58	6:36	
62	95	Matt Clement	36	M3539	10	M	Watertown	WA	6:51	6:33	6:35	6:45	6:16	32:58	6:36	33:02	6:37	
63	218	Frank Horn	46	M4549	6	M	Albany	NY	6:20	6:27	6:39	6:53	6:51	33:06	6:38	33:07	6:38	Willow Street AC
64	454	Beth Stalker	56	F5559	1	F	Burnt Hills	NY	6:42	6:31	6:30	6:49	6:43	33:12	6:39	33:13	6:39	Willow Street AC
65	37	Shelly Binsfield	36	F3539	1	F	Clifton Park	NY	6:41	6:30	6:31	6:47	6:45	33:13	6:39	33:14	6:39	Willow Street AC
66	47	Dan Briggs	31	M3034	8	M	Saratoga Springs	NY	6:30	6:25	6:29	7:11	6:44	33:16	6:40	33:18	6:40	
67	524	Matt Zappen	40	M4044	7	M	Albany	NY	6:45	6:41	6:39	6:56	6:20	33:19	6:40	33:22	6:41	
68	17	Amy Babeu	23	F2024	2	F	Guilderland	NY	6:44	6:39	6:41	6:50	6:28	33:21	6:41	33:23	6:41	ARE Racing Team
69	136	William Dodds	41	M4044	8	M	Schenectady	NY	6:34	6:34	6:30	7:00	6:45	33:21	6:41	33:26	6:42	
70	217	Andrea Hollinger	28	F2529	4	F	East Greenbush	NY	6:45	6:43	6:38	6:49	6:31	33:23	6:41	33:26	6:42	ARE Racing Team
71	333	Katlin Mock	25	F2529	5	F	Albany	NY	6:44	6:42	6:43	6:49	6:30	33:27	6:42	33:30	6:42	
72	288	Jonathan Louden	31	M3034	9	M	Clifton Park	NY	6:41	6:43	6:47	6:55	6:23	33:26	6:42	33:33	6:43	
73	332	Tomo Miyama	51	M5054	6	M	Valatie	NY	6:39	6:34	6:35	6:58	6:46	33:30	6:42	33:34	6:43	
74	326	Sam Mercado	53	M5054	7	M	Albany	NY	6:45	6:44	6:39	6:57	6:30	33:33	6:43	33:36	6:44	Saratoga Stryders
75	313	Steve Maynard	40	M4044	9	M	Schenectady	NY	6:47	6:46	6:42	7:00	6:39	33:51	6:47	33:57	6:48	
76	515	John Williams-Sear	48	M4549	7	M	Albany	NY	6:32	6:41	6:44	7:08	6:56	33:58	6:48	34:00	6:48	Fleet Feet Sports
77	141	Bill Douglas	54	M5054	8	M	Rensselaer	NY	6:39	6:47	6:50	7:06	6:52	34:12	6:51	34:14	6:51	Adirondack Athletic Club
78	34	Matt Berlin	42	M4044	10	M	Glenmont	NY	6:41	6:41	6:50	7:06	6:49	34:05	6:49	34:16	6:52	
79	327	Dan Messier	35	M3539	11	M	Slingerlands	NY	6:36	6:36	6:43	7:25	6:59	34:17	6:52	34:22	6:53	
80	132	Brian Dillenbeck	45	M4549	8	M	Alplaus	NY	6:49	6:47	6:54	7:07	6:46	34:20	6:52	34:27	6:54	
81	67	Randal Bushart	48	M4549	9	M	Selkirk	NY	7:02	6:53	6:50	7:05	6:34	34:23	6:53	34:29	6:54	
82	410	David Roy	61	M6064	2	M	Schoharie	NY	6:29	6:48	6:59	7:20	6:53	34:27	6:54	34:30	6:54	
83	391	Janne Rand	31	F3034	1	F	Albany	NY	6:40	6:46	6:51	7:11	7:05	34:31	6:55	34:33	6:55	Willow Street AC
84	252	Mike Konderwich	25	M2529	9	M	Albany	NY	6:41	6:53	7:00	7:14	6:48	34:34	6:55	34:46	6:58	
85	455	Mike Stalker	53	M5054	9	M	Burnt Hills	NY	6:43	8:10	6:35	6:49	6:32	34:46	6:58	34:48	6:58	Adirondack Athletic Club
86	7	Lauren Anderson	34	F3034	2	F	Altamont	NY	6:51	6:50	6:54	7:14	6:52	34:40	6:56	34:49	6:58	
87	230	Tom Jablonowski	47	M4549	10	M	Voorheesville	NY	7:00	6:58	6:55	7:03	6:47	34:43	6:57	34:50	6:58	
88	143	Sally Drake	43	F4044	1	F	Albany	NY	6:52	6:55	6:55	7:12	7:02	34:55	6:59	34:57	7:00	Willow Street AC
89	115	Michelle Davis	27	F2529	6	F	Watervliet	NY	6:47	6:48	6:59	7:19	7:11	35:02	7:01	35:08	7:02	
90	500	Kelly Virkler	32	F3034	3	F	Altamont	NY	7:02	7:02	6:59	7:08	6:55	35:03	7:01	35:10	7:02	
91	163	Gregory Francese	25	M2529	10	M	Albany	NY	6:54	7:01	7:03	7:12	6:53	35:02	7:01	35:13	7:03	
92	334	Richard Moorfoot	30	M3034	10	M	Clifton Park	NY	6:52	6:58	6:52	7:17	7:11	35:07	7:02	35:17	7:04	
93	46	Carl Brewer	33	M3034	11	M	Albany	NY	7:04	7:05	7:05	7:09	6:45	35:06	7:02	35:18	7:04	
94	411	Beth Ruiz	42	F4044	2	F	Delmar	NY	6:43	6:55	7:08	7:18	7:13	35:15	7:03	35:20	7:04	
95	386	John Pusateri	48	M4549	11	M	Castleton	NY	6:44	7:05	7:10	7:23	7:00	35:19	7:04	35:21	7:05	Castleton Cruisers
96	179	Dave Glass	69	M6569	1	M	Glenville	NY	7:02	7:00	7:04	7:24	6:55	35:23	7:05	35:24	7:05	Adirondack Athletic Club
97	441	Joseph Skufca	49	M4549	12	M	Niskayuna	NY	7:04	7:02	6:59	7:19	7:03	35:26	7:06	35:30	7:06	Adirondack Athletic Club
98	359	Colleen Ottalagano	39	F3539	2	F	Slingerlands	NY	6:58	7:02	6:59	7:14	7:09	35:21	7:05	35:31	7:07	
99	448	Mike Soeller	54	M5054	10	M	Voorheesville	NY	6:55	6:59	7:07	7:20	7:07	35:26	7:06	35:32	7:07	
100	249	Erik Koenitzer	39	M3539	12	M	Fultonville	NY	7:07	7:01	7:03	7:17	6:59	35:25	7:05	35:33	7:07	
101	124	Kari Deer	37	F3539	3	F	Slingerlands	NY	6:44	7:03	7:13	7:24	7:14	35:35	7:07	35:37	7:08	Willow Street AC
102	289	Meghan Louden	30	F3034	4	F	Clifton Park	NY	7:07	7:02	7:04	7:16	7:08	35:35	7:07	35:43	7:09	
103	512	Brian Whitman	57	M5559	3	M	Selkirk	NY	7:17	7:09	7:01	7:18	6:57	35:41	7:09	35:47	7:10	
104	475	Brian Teague	57	M5559	4	M	Glens Falls	NY	6:50	6:55	7:05	7:38	7:25	35:52	7:11	35:54	7:11	
105	134	Sean Dinn	45	M4549	13	M	Delmar	NY	6:58	7:12	7:09	7:26	7:10	35:53	7:11	35:56	7:12	
106	526	Laura Zima	36	F3539	4	F	Albany	NY	7:03	7:03	7:04	7:28	7:18	35:53	7:11	35:57	7:12	ARE Racing Team
107	430	Douglas Secor	36	M3539	13	M	Scotia	NY	7:00	7:08	7:07	7:25	7:16	35:54	7:11	36:00	7:12	
108	477	Chuck Terry	33	M3034	12	M	Albany	NY	5:34	5:16	5:18	5:32	14:23	36:01	7:13	36:01	7:13	Willow Street AC

109	362	Kristie Pageau	25	F2529	7	F	Rensselaer	NY	7:34	7:22	7:02	7:04	6:56	35:55	7:11	36:04	7:13
110	273	Christopher Leavit	28	M2529	11	M	Schenectady	NY	6:53	7:17	7:15	7:36	7:10	36:09	7:14	36:11	7:15
111	198	Tina Greene	42	F4044	3	F	Scotia	NY	7:00	7:12	7:14	7:34	7:11	36:09	7:14	36:13	7:15 ARE Racing Team
112	236	Stephen P. Jones	61	M6064	3	M	Averill Park	NY	7:36	7:10	7:03	7:17	7:04	36:09	7:14	36:14	7:15
113	536	Richard Loud	51	M5054	11	M	Ballston Spa	NY	7:16	7:16	7:06	7:32	6:55	36:03	7:13	36:16	7:16 Saratoga Stryders
114	35	Jenna Bernhardt	31	F3034	5	F	Albany	NY	7:02	7:09	7:10	7:34	7:15	36:08	7:14	36:17	7:16
115	138	Mark Dolan	52	M5054	12	M	Albany	NY	7:01	7:07	7:05	7:39	7:24	36:14	7:15	36:18	7:16
116	472	Nancy Taormina	56	F5559	2	F	Albany	NY	7:32	7:16	7:03	7:20	7:05	36:14	7:15	36:18	7:16 Team Utopia
117	502	Steve Vnuk	60	M6064	4	M	Delmar	NY	7:00	7:15	7:18	7:36	7:11	36:18	7:16	36:22	7:17
118	308	Danielle Maslowsky	37	F3539	5	F	Ballston Lake	NY	7:20	7:12	7:12	7:32	7:08	36:21	7:17	36:28	7:18 Willow Street AC
119	57	Mary Buck	52	F5054	1	F	Mechanicville	NY	7:21	7:10	7:10	7:26	7:17	36:21	7:17	36:29	7:18 Willow Street AC
120	396	Jacob Reider	52	M5054	13	M	Slingerlands	NY	7:19	7:19	7:16	7:32	7:05	36:28	7:18	36:34	7:19
121	398	Thomas Rest	56	M5559	5	M	Clifton Park	NY	7:20	7:11	7:13	7:33	7:12	36:27	7:18	36:34	7:19 Saratoga Stryders
122	150	Peggy Egan	50	F5054	2	F	Albany	NY	7:32	7:15	7:12	7:28	7:10	36:36	7:19	36:39	7:20
123	102	Greg Coons	50	M5054	14	M	Albany	NY	7:07	7:05	7:16	7:41	7:31	36:37	7:20	36:44	7:21
124	469	Emily Taft	25	F2529	8	F	Albany	NY	7:21	7:24	7:16	7:33	7:06	36:37	7:20	36:45	7:21
125	49	Nancy J. Briskie	58	F5559	3	F	Schenectady	NY	7:21	7:11	7:13	7:38	7:21	36:42	7:21	36:48	7:22 Willow Street AC
126	42	Colleen Brackett	55	F5559	4	F	Albany	NY	7:21	7:13	7:18	7:36	7:20	36:46	7:22	36:52	7:23 Willow Street AC
127	311	Holden Maynard	16	M1519	4	M	Schenectady	NY	7:26	7:36	7:21	7:30	6:56	36:47	7:22	36:52	7:23
128	242	Richard Kelly	59	M5559	6	M	Schenectady	NY	7:23	7:17	7:20	7:40	7:04	36:42	7:21	36:52	7:23
129	542	Ray Scaringe	61	M6064	5	M	Clifton Park	NY	7:16	7:26	7:20	7:35	7:23	36:57	7:24	37:01	7:25 Adirondack Athletic Club
130	296	Melissa Maguire	43	F4044	4	F	Loudonville	NY	7:14	7:25	7:23	7:47	7:11	36:58	7:24	37:02	7:25
131	446	William Smith	62	M6064	6	M	Voorheesville	NY	7:28	7:11	7:19	7:32	7:12	36:40	7:20	37:04	7:25
132	428	Ben Sears	31	M3034	13	M	Albany	NY	8:16	7:26	7:10	7:15	6:46	36:51	7:23	37:04	7:25
133	250	Casey Kohler	29	F2529	9	F	Albany	NY	7:20	7:18	7:19	7:45	7:26	37:06	7:26	37:16	7:28
134	72	Andrew Campbell	58	M5559	7	M	Albany	NY	6:59	7:15	7:31	7:43	7:55	37:22	7:29	37:23	7:29 Adirondack Athletic Club
135	262	Christopher Kunkel	59	M5559	8	M	Oradell	NJ	7:34	7:26	7:26	7:38	7:20	37:23	7:29	37:29	7:30
136	87	Emily Chromczak	29	F2529	10	F	Delmar	NY	7:20	7:22	7:30	7:57	7:29	37:36	7:32	37:42	7:33 ARE Racing Team
137	505	Abby Watson	36	F3539	6	F	Niskayuna	NY	7:20	7:29	7:33	7:52	7:30	37:43	7:33	37:48	7:34
138	485	Rachel Toolan	40	F4044	5	F	Rensselaer	NY	7:39	7:24	7:24	7:47	7:23	37:34	7:31	37:51	7:34
139	270	Joseph Lasch	45	M4549	14	M	Delmar	NY	7:46	7:28	7:23	7:39	7:27	37:41	7:33	37:55	7:35
140	474	Emmanuel Tay	15	M1519	5	M	Delmar	NY	7:28	8:23	7:08	7:29	7:33	37:59	7:36	37:59	7:36
141	41	Richard Bourgeois	45	M4549	15	M	Albany	NY	7:39	7:34	7:35	7:41	7:24	37:51	7:35	38:02	7:37
142	531	Molly Casey	31	F3034	6	F	Albany	NY			7:37	7:55	7:12	37:51	7:35	38:03	7:37
143	501	Katie Vitello	33	F3034	7	F	Slingerlands	NY	7:25	7:36	7:35	7:52	7:33	37:59	7:36	38:09	7:38
144	397	Wendy Rescott	55	F5559	5	F	West Sand Lake	NY	7:18	7:30	7:38	8:04	7:43	38:12	7:39	38:15	7:39
145	70	Caitlin Buzas	14	F0114	1	F	Schenectady	NY	7:13	7:29	7:47	8:18	7:28	38:13	7:39	38:18	7:40
146	403	Erin Rightmyer	32	F3034	8	F	Delmar	NY	7:16	7:31	7:47	8:05	7:40	38:17	7:40	38:22	7:41 ARE Racing Team
147	199	Bill Grimaldi	50	M5054	15	M	Selkirk	NY	7:27	7:45	7:43	7:49	7:31	38:13	7:39	38:22	7:41
148	465	Nick Suhr	36	F3539	7	F	Delmar	NY	7:29	7:37	7:35	7:54	7:44	38:17	7:40	38:22	7:41
149	239	Dan Keefe	47	M4549	16	M	Delmar	NY	7:15	7:34	7:44	8:04	7:46	38:21	7:41	38:27	7:42
150	530	Mark Regan	60	M6064	7	M	Queensbury	NY	7:40	7:32	7:30	7:52	7:43	38:15	7:39	38:30	7:42 Saratoga Stryders
151	264	Christopher Kurkji	56	M5559	9	M	Ballston Lake	NY	7:33	7:39	7:39	8:05	7:35	38:29	7:42	38:31	7:43 Team Utopia
152	216	Christopher Hogan	50	M5054	16	M	Delmar	NY	7:57	7:31	7:40	7:47	7:16	38:09	7:38	38:33	7:43
153	51	Michael Bromm	56	M5559	10	M	Valley Falls	NY	7:57	7:42	7:41	7:43	7:18	38:20	7:40	38:39	7:44
154	498	Ben Verschueren	40	M4044	11	M	Niskayuna	NY	7:28	7:38	7:41	8:02	7:50	38:36	7:44	38:42	7:45
155	148	Caitlyn Edmondson	27	F2529	11	F	Delmar	NY	7:45	7:39	7:36	8:03	7:37	38:38	7:44	38:43	7:45
156	510	Vincent Wenger	52	M5054	17	M	Schenectady	NY	7:53	7:46	7:48	7:46	7:29	38:41	7:45	38:52	7:47 Team Utopia
157	85	James Christian	33	M3034	14	M	Albany	NY	7:51	7:54	7:41	7:53	7:23	38:40	7:44	38:52	7:47
158	425	Aubrey Schulz	37	F3539	8	F	Granby	CT	7:50	7:37	7:38	7:57	7:42	38:43	7:45	38:57	7:48
159	547	Anders Tomson	49	M4549	17	M	Slingerlands	NY	7:48	7:48	7:49	8:02	7:35	39:00	7:48	39:03	7:49
160	91	Jeff Clark	58	M5559	11	M	Glenmont	NY	7:29	7:43	7:51	8:17	7:46	39:03	7:49	39:05	7:49
161	408	David Rowell	63	M6064	8	M	Albany	NY	7:55	7:45	7:49	7:57	7:39	39:03	7:49	39:11	7:51 Team Utopia
162	117	Arup De	42	M4044	12	M	Delmar	NY	7:47	7:47	7:48	8:02	7:43	39:05	7:49	39:12	7:51
163	196	Melissa Grandjean	37	F3539	9	F	Glenville	NY	7:48	7:46	7:47	8:04	7:42	39:05	7:49	39:12	7:51
164	15	Erin Ayala	28	F2529	12	F	Schenectady	NY	7:20	7:36	7:57	8:23	7:52	39:06	7:50	39:12	7:51
165	107	Randall Craig	64	M6064	9	M	Glenmont	NY	8:22	7:57	7:41	7:48	7:15	39:02	7:49	39:15	7:51
166	1	Mark Bryant	56	M5559	12	M	Delmar	NY	7:38	7:53	7:55	8:04	7:43	39:12	7:51	39:17	7:52
167	538	Kyle Graham	18	M1519	6	M	Albany	NY	7:48	7:26	7:44	8:18	7:52	39:06	7:50	39:23	7:53
168	369	Anthony Pazmino	34	M3034	15	M	Voorheesville	NY	7:21	8:03	7:53	8:09	8:01	39:25	7:53	39:33	7:55

169	426	Ken Schulz	38	M3539	14	M	Granby	CT	8:29	7:41	7:44	7:56	7:38	39:26	7:54	39:40	7:56	
170	537	Timothy O'Connor	57	M5559	13	M	Albany	NY	7:24	7:51	8:05	8:28	7:56	39:42	7:57	39:43	7:57	
171	341	Roy Mowrey	57	M5559	14	M	Johnstown	NY	7:45	7:46	7:50	8:09	8:03	39:31	7:55	39:44	7:57	
172	357	Kyle D. Ordway	40	M4044	13	M	Albany	NY	7:43	7:35	7:49	8:28	8:01	39:35	7:55	39:47	7:58	
173	492	Kyle Van Riper	38	M3539	15	M	Avondale	PA	7:49	8:03	8:06	8:19	7:31	39:45	7:57	39:50	7:58	
174	122	Tara Dee	23	F2024	3	F	Bennington	VT	7:53	7:59	7:58	8:11	7:44	39:43	7:57	39:52	7:59	
175	415	Ruth Sadinsky	49	F4549	2	F	Albany	NY	7:57	7:47	7:48	8:31	7:52	39:52	7:59	39:58	8:00	
176	258	Andrew Krupski	25	M2529	12	M	Ballston Spa	NY	7:45	8:12	8:10	8:14	7:35	39:55	7:59	40:04	8:01	
177	201	Frank Gwinn	42	M4044	14	M	Troy	NY	7:44	7:52	7:57	8:19	8:02	39:53	7:59	40:05	8:01	
178	189	Amy Gould	44	F4044	6	F	Hudson Falls	NY	7:49	7:52	7:55	8:22	7:58	39:54	7:59	40:07	8:02	
179	240	Jennifer Kehn	28	F2529	13	F	Clifton Park	NY	7:26	7:41	8:17	8:48	7:53	40:03	8:01	40:09	8:02	
180	302	Nikki Manikas	28	F2529	14	F	Schenectady	NY	8:30	7:54	7:48	8:03	7:48	40:01	8:00	40:15	8:03	
181	108	Jennifer Crave	30	F3034	9	F	Niskayuna	NY	8:07	7:55	7:53	8:11	8:02	40:06	8:02	40:16	8:04	
182	466	John Sullivan	44	M4044	15	M	Albany	NY	8:10	8:06	7:59	8:01	7:51	40:05	8:01	40:17	8:04	
183	98	Wendy Colonno	39	F3539	10	F	Glenmont	NY	8:06	8:01	8:02	8:12	7:43	40:02	8:01	40:19	8:04	
184	211	Scott Henricks	51	M5054	18	M	Averill Park	NY	7:48	7:57	8:04	8:21	7:59	40:07	8:02	40:19	8:04	
185	481	Luke Thompson	35	M3539	16	M	Voorheesville	NY	7:44	7:54	8:05	8:29	8:06	40:17	8:04	40:20	8:04	
186	214	Charles Hoffman	40	M4044	16	M	Hudson	NY	8:02	7:56	8:02	8:15	7:56	40:09	8:02	40:22	8:05	
187	215	Michelle Hoffman	38	F3539	11	F	Hudson	NY	8:01	7:56	8:05	8:16	7:53	40:09	8:02	40:23	8:05	
188	213	Seamus H. Hodgkins	66	M6569	2	M	Delmar	NY	7:51	8:03	8:01	8:27	8:00	40:21	8:05	40:26	8:06	
189	182	Alan Goldberg	52	M5054	19	M	Glenmont	NY	8:09	7:47	7:47	8:22	8:07	40:10	8:02	40:26	8:06	
190	377	Matthew Pickett	16	M1519	7	M	Delmar	NY	7:28	8:23	8:14	8:22	8:02	40:27	8:06	40:27	8:06	
191	520	Maggie Wood	34	F3034	10	F	Albany	NY	7:55	7:59	8:00	8:23	8:06	40:21	8:05	40:33	8:07	
192	177	Brittany Giles	33	F3034	11	F	Voorheesville	NY	7:54	8:00	8:02	8:27	8:03	40:25	8:05	40:33	8:07	
193	300	Shannon Maker	32	F3034	12	F	Delmar	NY	8:02	7:57	8:04	8:25	7:55	40:21	8:05	40:34	8:07	
194	283	Michael Lombardi	41	M4044	17	M	Slingerlands	NY	8:11	8:05	8:05	8:18	7:41	40:18	8:04	40:36	8:08	
195	222	Mark Howe	54	M5054	20	M	East Greenbush	NY	7:54	8:04	8:08	8:24	8:05	40:33	8:07	40:39	8:08	
196	269	James Larkin	68	M6569	3	M	Clifton Park	NY	8:01	7:57	7:54	8:30	8:10	40:30	8:06	40:42	8:09	Adirondack Athletic Club
197	522	Joe Yavonditte	67	M6569	4	M	Schenectady	NY	8:18	7:55	8:03	8:32	7:44	40:30	8:06	40:44	8:09	ARE Racing Team
198	81	Stephen Chamberlin	32	M3034	16	M	Delmar	NY	8:40	7:47	8:05	8:14	7:36	40:20	8:04	40:45	8:09	
199	9	Shannon Anson	36	F3539	12	F	Delmar	NY	8:16	7:49	8:01	8:19	8:09	40:33	8:07	40:49	8:10	
200	203	Khalel Hamlin	15	M1519	8	M	Delmar	NY	7:28	8:24	8:07	8:33	8:24	40:53	8:11	40:53	8:11	
201	304	Bill Marinello	58	M5559	15	M	Slingerlands	NY	7:54	8:11	8:00	8:30	8:14	40:46	8:10	40:53	8:11	
202	77	Melissa Carriero	29	F2529	15	F	Delmar	NY	8:01	8:14	8:08	8:31	7:55	40:47	8:10	40:54	8:11	
203	399	Brett Reutzell	34	M3034	17	M	Castleton	NY	8:09	8:07	8:05	8:24	8:04	40:47	8:10	40:58	8:12	
204	400	Laura Reutzell	33	F3034	13	F	Castleton	NY	8:10	8:07	8:05	8:24	8:05	40:48	8:10	40:59	8:12	
205	417	Larry Salvagni	42	M4044	18	M	Feura Bush	NY	7:49	8:07	8:20	8:34	8:09	40:57	8:12	41:01	8:13	
206	479	Randal Thomas	38	M3539	17	M	Delmar	NY	8:21	8:09	8:06	8:14	8:03	40:51	8:11	41:03	8:13	
207	223	Andrea Hubalek	36	F3539	13	F	Delmar	NY	8:42	8:22	8:11	8:02	7:43	40:57	8:12	41:07	8:14	
208	142	John Downey	65	M6569	5	M	Kingston	NY	8:12	8:05	8:06	8:41	8:13	41:14	8:15	41:17	8:16	
209	260	Kristen Kuhn	37	F3539	14	F	Delmar	NY	8:12	8:04	8:26	8:33	7:56	41:09	8:14	41:18	8:16	
210	135	Amanda Dockstader	26	F2529	16	F	Burnt Hills	NY	8:04	7:57	8:13	8:43	8:22	41:16	8:16	41:28	8:18	
211	22	Bob Barbato	57	M5559	16	M	Delmar	NY	8:45	8:25	8:17	8:05	7:43	41:14	8:15	41:29	8:18	
212	433	John Sheehy	58	M5559	17	M	Menands	NY	8:22	8:30	8:16	8:29	7:53	41:29	8:18	41:40	8:20	
213	208	Stephanie Havens	30	F3034	14	F	Troy	NY	8:16	8:12	8:26	8:35	8:02	41:30	8:18	41:46	8:22	
214	209	Jennifer L. Hebner	41	F4044	7	F	Delmar	NY	8:06	8:06	8:22	8:46	8:20	41:38	8:20	41:46	8:22	
215	8	Adam Anson	35	M3539	18	M	Delmar	NY	8:18	8:12	8:26	8:34	8:06	41:34	8:19	41:49	8:22	
216	226	Denis Hurley Jr	53	M5054	21	M	Delmar	NY	9:03	8:30	8:10	8:06	7:44	41:32	8:19	41:50	8:22	
217	366	Martin Patrick	62	M6064	10	M	East Greenbush	NY	8:11	8:05	8:11	8:57	8:26	41:48	8:22	41:58	8:24	Fleet Feet Sports
218	276	Robert Leslie	36	M3539	19	M	Delmar	NY	8:37	8:20	8:19	8:32	8:00	41:45	8:21	42:05	8:25	
219	101	Michael Conway	45	M4549	18	M	East Nassau	NY	7:54	8:33	8:58	8:31	8:06	42:00	8:24	42:05	8:25	
220	165	Francine Fredette	47	F4549	3	F	Glenmont	NY	8:32	8:34	8:21	8:19	8:10	41:54	8:23	42:07	8:26	
221	419	William Salvi	38	M3539	20	M	Watervliet	NY	8:04	8:19	8:28	8:48	8:24	42:01	8:25	42:15	8:27	
222	461	Barak Strock	30	M3034	18	M	Glenmont	NY	8:15	8:19	8:29	8:40	8:26	42:06	8:26	42:17	8:28	
223	462	Sarah Strock	33	F3034	15	F	Glenmont	NY	8:14	8:20	8:29	8:38	8:26	42:06	8:26	42:17	8:28	
224	406	Paul Rogers	48	M4549	19	M	Johnstown	NY	8:23	8:17	8:25	8:41	8:22	42:07	8:26	42:25	8:29	
225	131	Melanie Diamond	38	F3539	15	F	Delanson	NY	8:12	8:20	8:33	8:51	8:28	42:23	8:29	42:31	8:30	
226	355	Sara O'Grady	35	F3539	16	F	Bethlehem	NY	8:06	8:18	8:34	8:48	8:40	42:25	8:29	42:32	8:31	
227	161	Paul Forbes	65	M6569	6	M	Colonie	NY	8:34	8:20	8:13	8:44	8:31	42:19	8:28	42:38	8:32	
228	432	Sarah Sharpe	35	F3539	17	F	Albany	NY	8:26	8:34	8:32	8:46	8:16	42:32	8:31	42:42	8:33	

229	82	John Chaplin	49	M4549	20	M	Delmar	NY	8:59	8:38	8:23	8:23	8:00	42:21	8:29	42:42	8:33	
230	379	Lianne Pinchuk	40	F4044	8	F	Delmar	NY	8:39	8:45	8:26	8:35	8:15	42:38	8:32	42:47	8:34	
231	309	Bridget Masters	36	F3539	18	F	Delmar	NY	8:49	8:32	8:21	8:33	8:17	42:31	8:31	42:51	8:35	
232	367	Robert Pattison	41	M4044	19	M	Glenmont	NY	8:38	8:25			8:14	42:30	8:30	42:56	8:36	
233	358	Mike Otoole	40	M4044	20	M	Mechanicville	NY	8:23	8:16	8:49	8:45	8:22	42:34	8:31	42:57	8:36	
234	231	Alison Johnson	45	F4549	4	F	Delmar	NY	8:26	8:29	8:28	8:56	8:33	42:51	8:34	43:01	8:37	
235	338	Elaine Morris	63	F6064	1	F	East Greenbush	NY	8:22	8:45	8:44	9:01	8:04	42:55	8:35	43:04	8:37	ARE Racing Team
236	166	Elizabeth Gadowski	28	F2529	17	F	Albany	NY	9:18	8:21	8:15	8:38	8:19	42:49	8:34	43:09	8:38	
237	525	Kristin Zielinski	36	F3539	19	F	Altamont	NY	8:27	8:32	8:42	8:59	8:32	43:11	8:39	43:20	8:40	
238	227	Eric Huss	36	M3539	21	M	Denver	CO	8:36	8:25	8:28	8:51	8:33	42:50	8:34	43:20	8:40	
239	259	Gina Kucinski	37	F3539	20	F	Delmar	NY	8:12	8:31	8:35	9:06	8:46	43:09	8:38	43:22	8:41	
240	497	Marco Varisco	41	M4044	21	M	Delmar	NY	8:13	8:31	8:35	9:06	8:46	43:10	8:38	43:23	8:41	
241	190	Eric Gould	37	M3539	22	M	Rensselaer	NY	8:50	8:34	8:31	8:44	8:23	43:00	8:36	43:24	8:41	
242	145	Melissa Dulin	35	F3539	21	F	Souderton	PA	9:10	8:33	8:32	8:43	8:11	43:07	8:38	43:24	8:41	
243	243	Kristi Kemmer	37	F3539	22	F	Voorheesville	NY	8:21	8:40	8:46	8:57	8:39	43:21	8:41	43:25	8:41	
244	401	Beth Rice	44	F4044	9	F	Voorheesville	NY	8:21	8:41	8:46	8:57	8:39	43:22	8:41	43:26	8:42	
245	181	Kara Gokey	34	F3034	16	F	Delmar	NY	8:19	8:30	8:39	9:02	8:50	43:18	8:40	43:27	8:42	
246	541	Erin Dewalt	36	F3539	23	F	Easton	PA	9:10	8:34	8:30	8:44	8:14	43:10	8:38	43:27	8:42	
247	508	Bernie Weis	43	M4044	22	M	Albany	NY	9:09	8:29	8:31	8:41	8:18	43:06	8:38	43:29	8:42	
248	353	Eagleye Nye	66	M6569	7	M	Feura Bush	NY	8:52	8:51	8:45	8:51	8:03	43:21	8:41	43:29	8:42	
249	509	Steven Welch	56	M5559	18	M	Slingerlands	NY	8:43	8:47	8:55	8:53	8:09	43:24	8:41	43:32	8:43	
250	324	Jennifer Meissner	40	F4044	10	F	Averill Park	NY	8:27	8:33	8:42	8:59	8:47	43:26	8:42	43:34	8:43	
251	121	Linda Dedominicis	47	F4549	5	F	Menands	NY	8:56	8:46	8:29	8:47	8:25	43:21	8:41	43:36	8:44	
252	14	Mike Avella Jr.	32	M3034	19	M	Troy	NY	8:48	8:36	8:32	8:51	8:28	43:12	8:39	43:36	8:44	
253	225	Anne Hurley	53	F5054	3	F	Delmar	NY	8:49	8:42	8:33	8:50	8:27	43:19	8:40	43:39	8:44	
254	468	Kelly Sullivan	37	F3539	24	F	Schenectady	NY	8:55	8:40	8:37	8:45	8:28	43:24	8:41	43:39	8:44	
255	193	Gary Grace	51	M5054	22	M	Delmar	NY	8:43	8:46	8:38	8:54	8:39	43:38	8:44	43:53	8:47	
256	345	Heidi Nark	35	F3539	25	F	Clifton Park	NY	8:44	8:43	8:58	8:52	8:35	43:50	8:46	43:58	8:48	
257	24	Margaret L Barrow	32	F3034	17	F	Voorheesville	NY	8:38	8:42	8:45	9:04	8:42	43:50	8:46	44:00	8:48	
258	170	Carolyn Bur George	62	F6064	2	F	Albany	NY	9:04	8:40	8:30	8:52	8:38	43:42	8:45	44:01	8:49	
259	94	Sue Cleary	52	F5054	4	F	Albany	NY	8:44	8:45	8:50	9:05	8:35	43:57	8:48	44:03	8:49	
260	511	Daniel Whelan	42	M4044	23	M	Delmar	NY	9:18	9:07	8:43	8:33	8:12	43:51	8:47	44:09	8:50	
261	237	Vince Juliano	58	M5559	19	M	Delanson	NY	8:41	8:48	8:50	9:04	8:54	44:15	8:51	44:18	8:52	Adirondack Athletic Club
262	517	Cara Wolff	41	F4044	11	F	Niskayuna	NY	8:34	8:39	8:46	9:27	9:02	44:26	8:54	44:30	8:54	
263	30	Ashley Benincasa	32	F3034	18	F	Glenville	NY	8:47	8:55	8:54	9:08	8:45	44:27	8:54	44:30	8:54	
264	489	Genevieve Trigg	30	F3034	19	F	Albany	NY	8:30	8:34	8:53	9:17	9:05	44:17	8:52	44:33	8:55	
265	318	Kelly McCloskey	30	F3034	20	F	Glenmont	NY	9:04	8:42	8:43	9:16	8:31	44:13	8:51	44:36	8:56	
266	471	Mary Tanner-Richte	44	F4044	12	F	Delmar	NY	8:53	8:37	8:50	9:32	8:35	44:26	8:54	44:40	8:56	
267	197	Teresa Grant	43	F4044	13	F	Glenmont	NY	8:40	8:51	8:54	9:16	8:52	44:30	8:54	44:46	8:58	
268	106	Nicole Cox	25	F2529	18	F	Troy	NY	8:40	8:49	8:53	9:20	8:48	44:29	8:54	44:49	8:58	
269	43	Colleen Breiner	50	F5054	5	F	Troy	NY	9:05	8:50	8:53	9:02	8:50	44:38	8:56	44:55	8:59	
270	463	Sharon Strodl	41	F4044	14	F	Nassau	NY	8:39	8:41	9:25	8:53	9:05	44:41	8:57	44:58	9:00	Adirondack Athletic Club
271	105	Peter Cowie	68	M6569	8	M	Schenectady	NY	8:52	8:42	8:52	9:16	8:57	44:37	8:56	45:01	9:01	
272	392	Antonietta Rarick	42	F4044	15	F	Delmar	NY	9:04	8:39	8:48	9:15	8:55	44:39	8:56	45:01	9:01	
273	533	Rachel Linehan	26	F2529	19	F	Albany	NY	9:04	8:39	8:48	9:15	8:55	44:40	8:56	45:01	9:01	
274	120	Karly Decker	36	F3539	26	F	Selkirk	NY	8:18	8:49	9:06	9:20	9:25	44:57	9:00	45:06	9:02	
275	26	Mike Becker	52	M5054	23	M	Niskayuna	NY	9:07	8:46	9:11	9:09	8:41	44:51	8:59	45:06	9:02	
276	514	Colleen Williams	41	F4044	16	F	Latham	NY	9:03	8:55	9:02	9:21	8:49	45:08	9:02	45:17	9:04	
277	504	Ryan Walsh	36	M3539	23	M	Alexandria	VA	8:39	8:22	10:08	9:04	8:44	44:56	9:00	45:21	9:05	
278	11	David Austin	36	M3539	24	M	Southington	CT	7:54	9:00	9:25	9:33	9:33	45:23	9:05	45:28	9:06	
279	114	Barbara Davi	52	F5054	6	F	Hudson	NY	9:08	8:54	9:04	9:11	8:59	45:14	9:03	45:32	9:07	
280	365	Megan Parker	29	F2529	20	F	Troy	NY	9:09	9:06	9:11	9:23	8:41	45:29	9:06	45:45	9:09	
281	183	Lauryn Goldstein	22	F2024	4	F	Albany	NY	9:23	9:07	8:57	9:19	8:37	45:21	9:05	45:45	9:09	
282	329	Justin Minkler	28	M2529	13	M	Troy	NY	9:09	9:07	9:11	9:24	8:41	45:30	9:06	45:46	9:10	
283	352	Fiona Nugent	18	F1519	2	F	Delmar	NY	9:10	8:49	9:12	9:28	8:55	45:32	9:07	45:49	9:10	
284	351	Daniel Nugent	57	M5559	20	M	Delmar	NY	9:10	8:49	9:11	9:28	8:56	45:33	9:07	45:49	9:10	Adirondack Athletic Club
285	234	Jeffrey Jones	41	M4044	24	M	Mechanicville	NY	9:06	9:32	9:03	9:36	8:28	45:42	9:09	45:50	9:10	
286	100	Barbara Connolly	57	F5559	6	F	Delmar	NY	9:16	9:03	9:03	9:24	8:45	45:28	9:06	45:50	9:10	
287	185	Denise Gonder	52	F5054	7	F	Albany	NY	9:27	9:25	9:31	9:18	8:11	45:49	9:10	46:01	9:13	
288	247	James Killoran	36	M3539	25	M	Winston-Salem	NC	9:41	9:09	9:21	9:12	8:17	45:38	9:08	46:06	9:14	

289	245	Stephen Kerwin	65	M6569	9	M	Glenmont	NY	9:11	9:06	9:06	9:31	9:01	45:53	9:11	46:08	9:14	
290	235	Kelly Jones	40	F4044	17	F	Mechanicville	NY	9:06	9:31	9:03	9:35	8:49	46:03	9:13	46:11	9:15	
291	373	Jim Pepin	65	M6569	10	M	East Greenbush	NY	8:42	9:13	9:16	9:37	9:18	46:04	9:13	46:16	9:16	
292	543	Jim Gazzale	28	M2529	14	M	Troy	NY	9:32	9:31	9:17	9:10	8:28	45:55	9:11	46:17	9:16	
293	119	Chuck Decitise	45	M4549	21	M	Troy	NY	9:32	9:31	9:17	9:10	8:29	45:56	9:12	46:19	9:16	
294	529	Julianna Williams	18	F1519	3	F	Albany	NY	9:11	9:06	9:10	9:31	9:10	46:06	9:14	46:23	9:17	
295	429	Karoline Sears	31	F3034	21	F	Albany	NY	9:18	9:10	9:14	9:39	8:57	46:15	9:15	46:27	9:18	
296	422	Elisa Schneider	49	F4549	6	F	Troy	NY	9:23	9:22	9:22	9:25	8:37	46:07	9:14	46:27	9:18	
297	418	Jennifer Salvi	37	F3539	27	F	Watervliet	NY	9:04	9:16	9:22	9:23	9:13	46:16	9:16	46:30	9:18	
298	494	Matthew Vanderlofs	33	M3034	20	M	Feura Bush	NY	9:20	8:59	9:09	9:37	9:02	46:04	9:13	46:31	9:19	
299	19	Mark Bagdon	68	M6569	11	M	Delmar	NY	9:03	9:12	9:16	9:46	9:09	46:24	9:17	46:38	9:20	
300	452	Karen Stainbrook	41	F4044	18	F	Delmar	NY	9:18	9:10	9:13	9:39	9:08	46:27	9:18	46:38	9:20	
301	27	Renee Behrens	32	F3034	22	F	Niskayuna	NY	9:23	9:22	9:21	9:28	8:50	46:22	9:17	46:42	9:21	
302	6	Katherine Ambrosio	65	F6569	1	F	Delmar	NY	9:09	9:04	9:17	9:47	9:23	46:38	9:20	46:43	9:21	
303	534	Mayumi Tsutsoi	57	F5559	7	F	Rensselaer	NY	9:00	9:11	9:22	9:51	9:17	46:38	9:20	46:44	9:21	
304	456	Diana Steenburg	42	F4044	19	F	Albany	NY	9:27	9:26	9:31	9:19	8:56	46:36	9:20	46:47	9:22	
305	323	Jill Mehan	61	F6064	3	F	Troy	NY	9:40	9:15	9:08	9:27	9:14	46:42	9:21	46:48	9:22	Team Utopia
306	364	Eric Parker	60	M6064	11	M	Johnstown	NY	9:03	9:16	9:25	9:40	9:15	46:37	9:20	46:50	9:22	
307	290	Kim Lovell	32	F3034	23	F	East Berne	NY	9:17	9:22	9:16	9:46	9:08	46:48	9:22	47:00	9:24	
308	275	Catherine Leslie	39	F3539	28	F	Delmar	NY	9:19	9:18	9:29	9:32	9:05	46:41	9:21	47:01	9:25	
309	546	Maureen Zito	50	F5054	8	F	Glenmont	NY	9:18	9:14	9:16	9:38	9:25	46:49	9:22	47:07	9:26	
310	321	Melissa McHugh	43	F4044	20	F	Nassau	NY	10:13	9:00	9:14	9:30	9:00	46:55	9:23	47:13	9:27	
311	340	Susan Motler	53	F5054	9	F	Rensselaer	NY	9:11	9:03	9:15	9:58	9:32	46:58	9:24	47:14	9:27	
312	423	Dorothea Schoep	44	F4044	21	F	Hudson	NY	9:05	9:03	9:36	9:45	9:28	46:55	9:23	47:16	9:28	
313	147	Rick Eckhardt	56	M5559	21	M	Albany	NY	9:22	9:10	9:26	9:47	9:16	46:58	9:24	47:18	9:28	
314	92	Tracey Clark	29	F2529	21	F	Clifton Park	NY	8:34	9:30	9:36	10:16	9:18	47:12	9:27	47:21	9:29	
315	460	Angela Stritt	38	F3539	29	F	Delmar	NY	9:45	9:33	9:23	9:32	9:01	47:13	9:27	47:22	9:29	
316	74	Darlene Cardillo	62	F6064	4	F	Delmar	NY	9:05	9:18	9:27	9:55	9:31	47:14	9:27	47:24	9:29	
317	268	Jean Lange	50	F5054	10	F	Schenectady	NY	9:23	9:36	9:37	9:38	9:10	47:23	9:29	47:33	9:31	
318	180	Heidi Glazier	54	F5054	11	F	Slingerlands	NY	9:45	9:34	9:23	9:32	9:13	47:25	9:29	47:35	9:31	
319	407	Denise Rogers Batk	45	F4549	7	F	Troy	NY	9:38	9:25	9:19	9:37	9:15	47:13	9:27	47:36	9:32	
320	127	Dr. Tom Denham	48	M4549	22	M	Delmar	NY	9:12	9:24	9:52	9:54	9:12	47:32	9:31	47:37	9:32	
321	99	Lara Comithier	49	F4549	8	F	Greenville	NY	9:12	9:24	9:52	9:54	9:22	47:43	9:33	47:47	9:34	
322	545	Chrissy O'Reilly	45	F4549	9	F	Niskayuna	NY	9:33	9:32	9:25	10:08	9:06	47:41	9:33	48:09	9:38	
323	540	Lauren Jones	40	F4044	22	F	Altamont	NY	9:50	9:32	9:34	9:43	9:13	47:50	9:34	48:09	9:38	
324	162	Robert Foulks	47	M4549	23	M	Albany	NY	9:40	9:23	9:30	9:55	9:11	47:37	9:32	48:09	9:38	
325	233	Greg Jones	39	M3539	26	M	Delmar	NY	10:00	9:32	9:28	9:33	9:14	47:45	9:33	48:10	9:38	
326	75	Robert Cardona	39	M3539	27	M	Rensselaer	NY	9:38	9:40	9:42	9:46	9:07	47:51	9:35	48:12	9:39	
327	487	Karen Tracey	47	F4549	10	F	East Greenbush	NY	9:34	9:31	9:43	9:50	9:12	47:47	9:34	48:14	9:39	
328	251	Thomas Kollar	70	M7074	1	M	Schenectady	NY	9:10	9:13	9:32	10:16	9:58	48:07	9:38	48:22	9:41	
329	140	Kate Dorwaldt	44	F4044	23	F	Albany	NY	9:16	9:25	9:47	10:00	9:43	48:09	9:38	48:22	9:41	
330	267	David Lange	49	M4549	24	M	Schenectady	NY	9:23	9:36	9:39	10:00	9:43	48:19	9:40	48:30	9:42	
331	238	Mary Keane	51	F5054	12	F	Rensselaer	NY	9:45	9:34	9:36	9:48	9:26	48:07	9:38	48:31	9:43	
332	151	Pam Eistertz	23	F2024	5	F	Albany	NY	9:25	9:35	9:44	10:07	9:32	48:22	9:41	48:32	9:43	
333	4	Jim Allen	65	M6569	12	M	Millbrook	NY	10:07	10:11	8:48	9:49	9:16	48:09	9:38	48:32	9:43	
334	156	Mark Fleszar	66	M6569	13	M	Troy	NY	9:21	9:34	9:39	10:06	9:42	48:21	9:41	48:35	9:43	
335	491	Anne Tyrrell	65	F6569	2	F	Albany	NY	9:35	9:30	9:41	10:00	9:35	48:19	9:40	48:35	9:43	
336	54	John Brunner	49	M4549	25	M	Albany	NY	10:18	9:51	9:37	9:38	8:58	48:20	9:40	48:39	9:44	
337	68	Anne Butler	45	F4549	11	F	Latham	NY	9:32	9:45	9:52	9:49	9:35	48:30	9:42	48:41	9:45	
338	293	Donna Lustenhouver	62	F6064	5	F	Altamont	NY	9:32	9:43	9:53	9:49	9:40	48:36	9:44	48:47	9:46	
339	350	Edward Norton	57	M5559	22	M	Albany	NY	9:03	9:39	9:51	10:15	9:53	48:38	9:44	48:48	9:46	
340	53	Shawn Brousseau	47	M4549	26	M	Slingerlands	NY	9:07	9:07	9:36	10:12	10:27	48:27	9:42	48:49	9:46	
341	129	Nicole Depasquale	43	M4044	25	M	Averill Park	NY	9:51	9:51	9:39	9:46	9:18	48:24	9:41	48:50	9:46	
342	330	Anne Miralles	49	F4549	12	F	Rensselaer	NY	9:53	9:50	9:44	9:51	9:12	48:28	9:42	48:50	9:46	Fleet Feet Sports
343	149	Dan Egan	53	M5054	24	M	Albany	NY	9:28	9:37	9:43	10:16	9:34	48:36	9:44	48:57	9:48	
344	319	Andrew McCullough	63	M6064	12	M	Slingerlands	NY	9:26	9:54			9:35	48:31	9:43	48:58	9:48	
345	301	Jayne Maloney	48	F4549	13	F	Delmar	NY	9:55	9:41	9:47	9:56	9:38	48:55	9:47	49:17	9:52	
346	109	Melissa Currier	44	F4044	24	F	Troy	NY	9:53	9:48	9:48	9:54	9:31	48:53	9:47	49:19	9:52	
347	66	Julie Bushart	46	F4549	14	F	Selkirk	NY	9:59	9:59	9:46	9:58	9:36	49:16	9:52	49:23	9:53	
348	416	Jonathan Sajan	33	M3034	21	M	Albany	NY	9:22	9:55	10:01	10:20	9:43	49:18	9:52	49:25	9:53	

349	212	Bridget Hodgkinson	28	F2529	22	F	Delmar	NY	9:22	9:55	10:01	10:20	9:43	49:19	9:52	49:25	9:53
350	265	Daniel Lajeunesse	34	M3034	22	M	Cohoes	NY	10:03	9:47	11:02	9:36	8:42	49:08	9:50	49:37	9:56
351	305	Bruce Martelle	51	M5054	25	M	Delmar	NY	10:09	9:55	9:53	9:46	9:33	49:14	9:51	49:41	9:57
352	228	Kathy Hutson	59	F5559	8	F	Clifton Park	NY	9:47	9:48	9:59	10:14	9:51	49:36	9:56	49:55	9:59
353	23	Katy Barone	24	F2024	6	F	Albany	NY	9:47	9:42	10:04	10:24	9:47	49:43	9:57	50:10	10:02
354	478	Gene Terwilliger	48	M4549	27	M	Scotia	NY	9:47	9:42	10:05	10:24	9:50	49:45	9:57	50:12	10:03
355	116	Marjie Davoli	35	F3539	30	F	Seneca Falls	NY	9:06	9:21	10:03	10:57	10:33	49:57	10:00	50:14	10:03
356	488	Molly Trevail	32	F3034	24	F	Albany	NY	9:50	9:50	9:55	10:17	10:07	49:58	10:00	50:15	10:03
357	254	Nicole Kozlowski	36	F3539	31	F	Schenectady	NY	9:51	9:50	9:55	10:17	10:07	49:59	10:00	50:16	10:04
358	503	Mary Walsh	44	F4044	25	F	Albany	NY	10:08	10:03	10:07	10:08	9:31	49:56	10:00	50:20	10:04
359	221	Kathleen Horning	47	F4549	15	F	Lititz	PA	9:53	10:42	10:04	10:15	9:18	50:10	10:02	50:22	10:05
360	306	Heather Martin	42	F4044	26	F	Delmar	NY	10:23	9:54	9:44	10:02	9:53	49:53	9:59	50:23	10:05
361	152	Richard Ernst	59	M5559	23	M	Delmar	NY	10:10	9:52	9:41	10:35	9:45	50:01	10:01	50:27	10:06
362	110	Dan Curtin	69	M6569	14	M	Adirondack	NY	10:15	10:06	10:00	10:14	9:36	50:09	10:02	50:29	10:06
363	93	Kristine Clarke	51	F5054	13	F	Niskayuna	NY	10:00	9:53	10:06	10:26	9:53	50:16	10:04	50:32	10:07
364	457	Pam Stephens	46	F4549	16	F	Oswego	NY	9:53	10:42	10:04	10:16	9:30	50:22	10:05	50:34	10:07
365	60	Peg Buffaline	47	F4549	17	F	Delmar	NY	9:35	9:48	10:24	10:47	9:45	50:18	10:04	50:35	10:07
366	246	Amanda Keyser	34	F3034	25	F	Schenectady	NY	9:20	9:13	10:46	11:06	9:50	50:13	10:03	50:40	10:08
367	39	Kristin Bonds	42	F4044	27	F	Albany	NY			10:15	10:24	9:34	50:20	10:04	50:40	10:08
368	104	Morgan Costello	44	F4044	28	F	Albany	NY	9:58	10:09	10:17	10:24	9:34	50:19	10:04	50:40	10:08
369	484	Erin Tobin	40	F4044	29	F	Albany	NY	9:59	10:09	10:15	10:24	9:35	50:21	10:05	50:42	10:09
370	178	Joseph Giles	30	M3034	23	M	Watervliet	NY	9:55	9:46	9:49	10:05	10:47	50:19	10:04	50:45	10:09
371	297	Michael Maguire	60	M6064	13	M	Ballston Lake	NY	9:39	9:55	10:24	10:28	9:58	50:21	10:05	50:46	10:10
372	80	Ali Chamberlin	32	F3034	26	F	Delmar	NY	10:05	10:02	10:03	10:19	9:57	50:23	10:05	50:49	10:10
373	280	Lynn Lindskoog	55	F5559	9	F	Troy	NY	9:54	9:47	10:20	11:01	9:47	50:46	10:10	51:04	10:13
374	506	Elbert Watson	52	M5054	26	M	Troy	NY	9:54			11:02	9:47	50:48	10:10	51:04	10:13
375	167	Leah Gaetano	47	F4549	18	F	Delmar	NY	9:42	10:28	10:07	10:30	10:11	50:56	10:12	51:10	10:14
376	499	Allison Villasenor	35	F3539	32	F	Albany	NY	9:44	10:26			10:11	50:57	10:12	51:10	10:14
377	315	Bethany Mazura	38	F3539	33	F	Albany	NY	9:17	10:11	10:51	10:43	10:16	51:16	10:16	51:25	10:17
378	307	Mary Martin	56	F5559	10	F	Delmar	NY	9:15	9:31	10:33	11:10	10:53	51:20	10:16	51:31	10:19
379	459	Wade Stockman	81	M75+	1	M	Rensselaer	NY	10:18	10:15	10:19	10:34	9:57	51:22	10:17	51:41	10:21 Team Utopia
380	59	Lori Buckley	48	F4549	19	F	Averill Park	NY	10:19	10:19	10:13	10:25	10:07	51:21	10:17	51:43	10:21 Averill Park Road Runners
381	50	Lauren Bristol	36	F3539	34	F	Albany	NY	10:12	10:12	10:18	10:33	10:09	51:22	10:17	51:47	10:22
382	279	Silvia Lilly	49	F4549	20	F	Albany	NY	10:20	10:18	10:34	10:30	9:44	51:23	10:17	51:50	10:22
383	171	Pilar Geracitano	37	F3539	35	F	Delmar	NY	10:17	10:07	10:12	10:33	10:18	51:26	10:18	51:50	10:22
384	172	Rachel Geracitano	35	F3539	36	F	Latham	NY	10:17	10:07	10:13	10:33	10:23	51:32	10:19	51:56	10:24
385	314	Krissy Mazmanian	38	F3539	37	F	Delmar	NY	9:46	10:21	10:38	10:50	10:28	52:01	10:25	52:10	10:26
386	266	Cathy Lanese	66	F6569	3	F	Troy	NY	10:22	10:28	10:14	10:51	10:15	52:09	10:26	52:17	10:28
387	31	Joe Benoit	58	M5559	24	M	Glenmont	NY	9:27	10:28	10:47	11:00	10:34	52:14	10:27	52:19	10:28
388	206	William Hammer	49	M4549	28	M	Selkirk	NY	9:55	10:08	10:31	10:49	10:39	52:01	10:25	52:25	10:29
389	153	Lindsey Etringer	31	F3034	27	F	Albany	NY	10:33	10:20	10:23	10:49	10:31	52:33	10:31	52:51	10:35
390	394	Summar Razvi	33	F3034	28	F	Millbrook	NY	10:09	10:12	10:42	10:51	10:48	52:39	10:32	53:01	10:37
391	205	Rona Hammer	49	F4549	21	F	Selkirk	NY	9:51	10:26	10:37	11:01	10:42	52:34	10:31	53:02	10:37
392	442	Doug Smail	53	M5054	27	M	Troy	NY	10:23	10:24	10:41	11:06	10:31	53:03	10:37	53:23	10:41
393	281	Danise Linen	36	F3539	38	F	Albany	NY	10:04	10:14	10:34	11:13	10:52	52:56	10:36	53:25	10:41
394	186	Allyson Goose	38	F3539	39	F	Cambridge	MA	10:51	10:44	10:56	11:08	9:21	52:57	10:36	53:26	10:42
395	427	Mary Kay Scott	55	F5559	11	F	Schenectady	NY	10:16	10:24	10:40	11:09	10:45	53:12	10:39	53:28	10:42
396	112	Nancy Czachor	31	F3034	29	F	Albany	NY			10:56	11:02	10:26	53:06	10:38	53:32	10:43
397	111	Douglas Czachor	31	M3034	24	M	Albany	NY	9:57	10:45	10:56	11:03	10:26	53:05	10:37	53:32	10:43
398	277	Paul Levine	54	M5054	28	M	Delmar	NY	10:56	10:44	10:36	10:40	10:19	53:13	10:39	53:41	10:45
399	62	Gail Burda	65	F6569	4	F	North Adams	MA	10:45	10:25	10:38	10:58	10:37	53:21	10:41	53:45	10:45
400	470	Daniel Tanguay	40	M4044	26	M	Delmar	NY	9:42	10:05	10:57	11:42	10:55	53:19	10:40	53:46	10:46
401	118	Peter De Bock	38	M3539	28	M	Clifton Park	NY	10:08	10:50	11:31	12:03	9:05	53:35	10:43	53:52	10:47
402	253	Jewelie Koutelis	42	F4044	30	F	Delmar	NY	10:17	10:31	10:56	11:05	10:44	53:30	10:42	54:00	10:48
403	436	Amanda Shiel	26	F2529	23	F	Slingerlands	NY	10:17	10:32	10:52	11:23	10:42	53:45	10:45	54:01	10:48
404	56	Colleen Bryant	49	F4549	22	F	Guilderland	NY	10:06	10:29	10:46	11:22	11:06	53:47	10:46	54:09	10:50
405	137	Tim Doherty	62	M6064	14	M	East Berne	NY	10:00	10:18	11:27	11:22	10:51	53:56	10:48	54:10	10:50
406	376	Becky Phillips	48	F4549	23	F	Schenectady	NY	10:32	10:42	10:44	11:06	10:53	53:55	10:47	54:16	10:52
407	521	Stacy Wozniak	45	F4549	24	F	Delmar	NY	10:15	11:00	11:16	11:06	10:40	54:15	10:51	54:29	10:54
408	299	Archie Maker	40	M4044	27	M	Delmar	NY				11:46	11:29	54:53	10:59	55:07	11:02

409	187	Janice Gossman	39	F3539	40	F	Clifton Park	NY	11:09	10:49	10:56	11:04	10:54	54:50	10:58	55:12	11:03
410	282	Judy Litt	54	F5054	14	F	Latham	NY	10:49	10:54	11:12	11:03	11:00	54:55	10:59	55:17	11:04
411	5	Denise Alper	58	F5559	12	F	Albany	NY	11:05	10:38	11:12	11:19	10:44	54:56	11:00	55:18	11:04
412	202	Daniel Hallenbeck	37	M3539	29	M	Loudonville	NY	10:07	10:51	11:32	12:02	10:40	55:09	11:02	55:27	11:06
413	284	Mike Loomis	40	M4044	28	M	Selkirk	NY	10:43	10:52	11:05	11:58	10:41	55:17	11:04	55:34	11:07
414	434	Caitlin Sheil	30	F3034	30	F	Albany	NY	10:15	10:55	11:10	11:55	11:34	55:47	11:10	56:08	11:14
415	384	Jan Pryor	65	F6569	5	F	East Greenbush	NY	11:07	11:16	11:04	11:31	11:15	56:10	11:14	56:32	11:19
416	549	Laura Miller	25	F2529	24	F	Schenectady	NY	10:43	10:59	11:19	11:57	11:22	56:18	11:16	56:43	11:21
417	550	Alfred Angel-Ramse				M	Asbury Park	NJ	10:43	10:59	11:19	11:56	11:23	56:18	11:16	56:43	11:21
418	285	Stefanie Loomis	38	F3539	41	F	Selkirk	NY	10:44	11:26	11:43	11:53	11:10	56:55	11:23	57:11	11:27
419	244	Michael Kennedy	36	M3539	30	M	Oswego	NY	10:56	13:12	11:14	11:33	10:03	56:57	11:24	57:25	11:29
420	69	Mark-Richar Butt	73	M7074	2	M	Delmar	NY	11:07	11:40	11:27	11:58	11:24	57:35	11:31	57:50	11:34
421	493	Katherine Vanderlo	33	F3034	31	F	Feura Bush	NY	10:22	11:13	11:07	12:41	12:09	57:30	11:30	57:55	11:35
422	495	Ryan Vandervoort	37	M3539	31	M	Troy	NY			12:11	13:38	11:28	57:39	11:32	58:09	11:38
423	16	Jeevarathna Ayyamp	43	M4044	29	M	Guilderland	NY	9:40	12:02	13:20	12:07	10:45	57:52	11:35	58:11	11:39
424	146	Danielle Earing	22	F2024	7	F	Delmar	NY	10:18	12:18	11:18	12:03	12:03	57:58	11:36	58:30	11:42
425	420	Alexandria Sanchez	47	F4549	25	F	Selkirk	NY	10:19	12:18	11:17	12:33	11:40	58:05	11:37	58:36	11:44
426	96	Thomas Clement	66	M6569	15	M	Delmar	NY	11:03	11:18	12:16	12:19	11:41	58:35	11:43	58:57	11:48
427	83	Elizabeth Chauvot	54	F5054	15	F	Berne	NY	11:04	11:18	12:16	12:18	11:42	58:35	11:43	58:57	11:48
428	363	Carrie Palow	34	F3034	32	F	Berne	NY	11:04	11:17	12:16	12:19	11:42	58:36	11:44	58:57	11:48
429	348	Nicole Niles	39	F3539	42	F	Albany	NY	11:34	11:26	12:01	12:11	11:41	58:51	11:47	59:17	11:52
430	443	Christina Smith	46	F4549	26	F	East Greenbush	NY	11:17	11:35	11:37	13:39	11:51	59:56	12:00	1:00:21	12:05
431	76	Alice Carpenter	65	F6569	6	F	Delmar	NY	11:52	12:29	12:02	13:03	12:29	1:01:53	12:23	1:02:13	12:27
432	375	Julia Pfeiffer	34	F3034	33	F	Nassau	NY	11:48	12:26	12:18	13:13	12:32	1:02:15	12:27	1:02:42	12:33
433	539	Dana Jones	42	F4044	31	F	Altamont	NY	12:32	12:28	12:45	13:36	11:47	1:03:06	12:38	1:03:24	12:41
434	287	Erin Losee	36	F3539	43	F	Clifton Park	NY	11:08	11:31	11:36	14:38	14:18	1:03:09	12:38	1:03:36	12:44
435	286	Courtney Losee	37	F3539	44	F	Glenmont	NY	11:09	11:31	11:37	14:37	14:19	1:03:10	12:38	1:03:37	12:44
436	458	Anny Stockman	83	F75+	1	F	Rensselaer	NY	13:05	12:53	12:54	13:06	12:52	1:04:48	12:58	1:04:53	12:59
437	73	Melanie Capron	40	F4044	32	F	Duanesburg	NY	12:03	13:03	13:42	13:46	12:57	1:05:30	13:06	1:05:54	13:11
438	241	Matthew Kelly	62	M6064	15	M	Delmar	NY	12:37	13:24	13:30	14:23	13:50	1:07:43	13:33	1:08:12	13:39
439	232	Nancy E. Br Johnst	70	F7074	1	F	Ballston Lake	NY	12:45	13:37	13:40	14:27	14:08	1:08:35	13:43	1:08:55	13:47
440	274	Raymond W. Lee Jr.	74	M7074	3	M	Halfmoon	NY	12:45	13:28	14:11	14:33	13:50	1:08:46	13:46	1:09:17	13:52
441	38	Eiko Bogue	78	F75+	2	F	Schaghticoke	NY	13:21	13:27	14:18	14:34	14:09	1:09:47	13:58	1:10:07	14:02

Team Utopia

Adirondack Athletic Club

Hudson Mohawk Road Runners Club