

HOUR RUN

SOUTH COLONIE CENTRAL HIGH SCHOOL 400 METER TRACK

(1 LAP = 0.2485 MILE)

JULY 14, 2016 - 6:15 PM

Hot & Humid after thunderstorms / heavy rains. 80 degrees F, 80% humidity; Strong sun w/o clouds; little wind.

<u>PLACE</u>	<u>NAME</u>	<u>M/F</u>	<u>AGE</u>	<u>CITY</u>	<u>LAPS</u>	<u>ADDITION.</u> (METERS)	<u>DISTANCE</u> (MILES)	<u>PACE/ MILE</u> (MIN) (SEC)	<u>MIN/MILE</u>
1	KEVIN DIXON	M	22	MORRISONVILLE	40	175	10.05	5 58	5.97091
2	CHUCK TERRY	M	34	ALBANY	37	0	9.19	6 32	6.52564
3	TODD MCCAULEY	M	48	COLONIE	32	70	8.00	7 30	7.504233
4	BRIAN NORTAN	M	41	GUILDERLAND	32	20	7.96	7 32	7.533501
5	JUSTIN PEABODY	M	19	BALLSTON LAKE	31	325	7.91	7 35	7.589743
6	GABE MCGARRY	M	39	SLINGERLANDS	31	80	7.75	7 44	7.73874
7	ANDY CAMPBELL	M	59	ALBANY	27	0	6.71	8 57	8.942544
8	MARTHA DEGRAZIA	F	65	SLINGERLANDS	26	0	6.46	9 17	9.286488
9	VINCENT WENGER	M	52	SCHENECTADY	24	230	6.11	9 49	9.824972
10	WADE STOCKMAN	M	81	RENSSELAER	22	200	5.59	10 44	10.73105
11	ANNY STOCKMAN	F	84	RENSSELAER	17	250	4.38	13 42	13.69922
12	<u>RALPH FEINSTEIN</u>	M	62	SCOTIA	17	250	4.38	13 42	13.69922

VOLUNTEERS:

Karen Dott
Wade & Anny Stockman

Tom McGuire & Barbara Bradley, Co-Directors