

Delmar Dash 5M  
 Delmar, NY  
 April 3, 2016

Produced by the Hudson Mohawk Road Runners Club

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\*\*\*\*\* AGE GRADED RESULTS \*\*\*\*\*  
 (BASED ON GUN TIME)

Place	Bib	Name	Age	S	City	St	Time	Pace	Age Gr%
=====	=====	=====	====	=	=====	==	=====	=====	=====
1	454	Beth Stalker	56	F	Burnt Hills	NY	33:13	6:39	88.16
2	453	Derrick Staley	57	M	Ballston Lake	NY	29:02	5:49	87.89
3	55	Emily Bryans	48	F	Delanson	NY	30:54	6:11	86.25
4	295	Eric Macknight	27	M	Ballston Lake	NY	25:22	5:05	84.03
5	157	Julia Flower	17	F	Schenectady	NY	29:35	5:55	83.83
6	381	Lee Pollock	63	M	Queensbury	NY	32:09	6:26	83.72
7	113	Thomas Dalton	57	M	Schenectady	NY	30:59	6:12	82.36
8	158	Kerry Flower	15	F	Schenectady	NY	31:14	6:15	82.07
9	255	Thomas Kracker	51	M	Delmar	NY	29:36	5:56	81.98
10	49	Nancy J. Briskie	58	F	Schenectady	NY	36:48	7:22	81.61
11	472	Nancy Taormina	56	F	Albany	NY	36:18	7:16	80.67
12	36	Karen Bertasso	31	F	Albany	NY	30:04	6:01	80.49
13	179	Dave Glass	69	M	Glenville	NY	35:24	7:05	80.46
14	278	Christian W Lietza	53	M	Delmar	NY	30:48	6:10	80.09
15	63	Volker Burkowski	44	M	Gansevoort	NY	28:42	5:45	79.91
16	516	Brittany Winslow	22	F	Queensbury	NY	30:35	6:07	79.13
17	291	Aaron Lozier	27	M	Albany	NY	27:08	5:26	78.56
18	42	Colleen Brackett	55	F	Albany	NY	36:52	7:23	78.48
19	154	John Farley	27	M	Albany	NY	27:21	5:29	77.94
20	32	Alex Benway	25	M	Saratoga Springs	NY	27:30	5:30	77.52
21	97	Claire Collison	25	F	Albany	NY	31:18	6:16	77.32
22	328	Richard Messineo	27	M	Albany	NY	27:36	5:32	77.23

23	331	Ryan Mitchell	49	M	Troy	NY	30:57	6:12	77.11
24	33	Eamon Dempsey	36	M	Delmar	NY	28:11	5:39	76.94
25	410	David Roy	61	M	Schoharie	NY	34:30	6:54	76.62
26	57	Mary Buck	52	F	Mechanicville	NY	36:29	7:18	76.47
27	317	Chris McCloskey	34	M	Glenmont	NY	28:10	5:38	76.33
28	271	Russell Lauer	53	M	Troy	NY	32:19	6:28	76.33
29	229	Robert Irwin	43	M	Guilderland	NY	29:53	5:59	76.19
30	409	Pete Rowell	27	M	Albany	NY	28:01	5:37	76.09
31	58	Chris Buckley	54	M	Burnt Hills	NY	32:46	6:34	75.94
32	404	Jon Rocco	49	M	Colonie	NY	31:27	6:18	75.89
33	397	Wendy Rescott	55	F	West Sand Lake	NY	38:15	7:39	75.64
34	449	Irene Somerville	23	F	Wynantskill	NY	32:07	6:26	75.35
35	507	Nick Webster	27	M	Albany	NY	28:20	5:40	75.23
36	528	Kevin Treadway	27	M	Albany	NY	28:20	5:40	75.23
37	447	Nicole Soblosky	28	F	Albany	NY	32:20	6:28	74.84
38	467	Joseph Sullivan	37	M	Schenectady	NY	29:11	5:51	74.70
39	523	Eric Young	24	M	Latham	NY	28:33	5:43	74.66
40	207	Erin Hatton	25	F	Troy	NY	32:27	6:30	74.58
41	338	Elaine Morris	63	F	East Greenbush	NY	43:04	8:37	74.46
42	150	Peggy Egan	50	F	Albany	NY	36:39	7:20	74.40
43	169	Sean Gavaghan	28	M	Albany	NY	28:40	5:44	74.36
44	431	John J. Sestito	52	M	Johnsonville	NY	32:57	6:36	74.25
45	349	Matthew Ninneman	23	M	Albany	NY	28:46	5:46	74.10
46	144	William Drapeau	48	M	Glenville	NY	31:58	6:24	74.03
47	159	Peter Flynn	39	M	Delmar	NY	29:53	5:59	73.90
48	37	Shelly Binsfield	36	F	Clifton Park	NY	33:14	6:39	73.57
49	326	Sam Mercado	53	M	Albany	NY	33:36	6:44	73.41
50	473	Ken Tarullo	47	M	Delmar	NY	32:05	6:25	73.19
51	236	Stephen P. Jones	61	M	Averill Park	NY	36:14	7:15	72.95
52	204	Richard D. Hamlin	43	M	Chichester	NY	31:17	6:16	72.78
53	143	Sally Drake	43	F	Albany	NY	34:57	7:00	72.72
54	141	Bill Douglas	54	M	Rensselaer	NY	34:14	6:51	72.69
55	17	Amy Babeu	23	F	Guilderland	NY	33:23	6:41	72.49
56	86	Chris Chromczak	31	M	Delmar	NY	29:28	5:54	72.45
57	402	Andrew Rickert	37	M	Delmar	NY	30:07	6:02	72.39
58	217	Andrea Hollinger	28	F	East Greenbush	NY	33:26	6:42	72.38
59	343	Dan Murphy	41	M	Delmar	NY	30:59	6:12	72.35
60	332	Tomo Miyama	51	M	Valatie	NY	33:34	6:43	72.29

61	303	Henry Manley	15	M	Delmar	NY	30:33	6:07	72.29
62	333	Katlin Mock	25	F	Albany	NY	33:30	6:42	72.24
63	133	Michael Dinicola	41	M	Albany	NY	31:04	6:13	72.16
64	502	Steve Vnuk	60	M	Delmar	NY	36:22	7:17	72.04
65	446	William Smith	62	M	Voorheesville	NY	37:04	7:25	71.99
66	170	Carolyn Bur George	62	F	Albany	NY	44:01	8:49	71.91
67	542	Ray Scaringe	61	M	Clifton Park	NY	37:01	7:25	71.41
68	385	Matthew Purdy	37	M	Slingerlands	NY	30:32	6:07	71.40
69	411	Beth Ruiz	42	F	Delmar	NY	35:20	7:04	71.37
70	512	Brian Whitman	57	M	Selkirk	NY	35:47	7:10	71.31
71	475	Brian Teague	57	M	Glens Falls	NY	35:54	7:11	71.08
72	455	Mike Stalker	53	M	Burnt Hills	NY	34:48	6:58	70.88
73	482	Harry Thorp	15	M	Glenmont	NY	31:13	6:15	70.74
74	48	Jonathan Bright	45	M	Slingerlands	NY	32:41	6:33	70.73
75	6	Katherine Ambrosio	65	F	Delmar	NY	46:43	9:21	70.57
76	342	Paul Mueller	32	M	Delmar	NY	30:20	6:04	70.50
77	242	Richard Kelly	59	M	Schenectady	NY	36:52	7:23	70.43
78	218	Frank Horn	46	M	Albany	NY	33:07	6:38	70.36
79	445	Todd Smith	42	M	Voorheesville	NY	32:07	6:26	70.32
80	391	Janne Rand	31	F	Albany	NY	34:33	6:55	70.04
81	448	Mike Soeller	54	M	Voorheesville	NY	35:32	7:07	70.03
82	439	Stephen Siebrecht	37	M	Delmar	NY	31:08	6:14	70.02
83	191	Jeff Goupil	28	M	Ballston Lake	NY	30:29	6:06	69.93
84	535	Leo Rosenblum	15	M	Delmar	NY	31:38	6:20	69.81
85	7	Lauren Anderson	34	F	Altamont	NY	34:49	6:58	69.79
86	359	Colleen Ottalagano	39	F	Slingerlands	NY	35:31	7:07	69.73
87	356	Robert Ordish	30	M	Glenmont	NY	30:38	6:08	69.64
88	198	Tina Greene	42	F	Scotia	NY	36:13	7:15	69.63
89	316	Andrew McCarthy	32	M	Albany	NY	30:43	6:09	69.61
90	515	John Williams-Sear	48	M	Albany	NY	34:00	6:48	69.61
91	269	James Larkin	68	M	Clifton Park	NY	40:42	8:09	69.29
92	458	Anny Stockman	83	F	Rensselaer	NY	1:04:53	12:59	69.28
93	262	Christopher Kunkel	59	M	Oradell	NJ	37:29	7:30	69.28
94	107	Randall Craig	64	M	Glenmont	NY	39:15	7:51	69.21
95	398	Thomas Rest	56	M	Clifton Park	NY	36:34	7:19	69.19
96	210	Ben Heller	27	M	Albany	NY	30:56	6:12	68.91
97	124	Kari Deer	37	F	Slingerlands	NY	35:37	7:08	68.88
98	72	Andrew Campbell	58	M	Albany	NY	37:23	7:29	68.88

99	115	Michelle Davis	27	F	Watervliet	NY	35:08	7:02	68.88
100	500	Kelly Virkler	32	F	Altamont	NY	35:10	7:02	68.86
101	408	David Rowell	63	M	Albany	NY	39:11	7:51	68.69
102	67	Randal Bushart	48	M	Selkirk	NY	34:29	6:54	68.63
103	296	Melissa Maguire	43	F	Loudonville	NY	37:02	7:25	68.63
104	522	Joe Yavonditte	67	M	Schenectady	NY	40:44	8:09	68.62
105	213	Seamus H. Hodgkins	66	M	Delmar	NY	40:26	8:06	68.47
106	70	Caitlin Buzas	14	F	Schenectady	NY	38:18	7:40	68.15
107	530	Mark Regan	60	M	Queensbury	NY	38:30	7:42	68.05
108	526	Laura Zima	36	F	Albany	NY	35:57	7:12	68.01
109	130	Dallas Devries	38	M	Cohoes	NY	32:17	6:28	67.94
110	491	Anne Tyrrell	65	F	Albany	NY	48:35	9:43	67.86
111	405	Oswaldo Rodriguez	37	M	Mechanicville	NY	32:08	6:26	67.84
112	459	Wade Stockman	81	M	Rensselaer	NY	51:41	10:21	67.82
113	289	Meghan Louden	30	F	Clifton Park	NY	35:43	7:09	67.75
114	415	Ruth Sadinsky	49	F	Albany	NY	39:58	8:00	67.43
115	230	Tom Jablonowski	47	M	Voorheesville	NY	34:50	6:58	67.42
116	138	Mark Dolan	52	M	Albany	NY	36:18	7:16	67.40
117	308	Danielle Maslowsky	37	F	Ballston Lake	NY	36:28	7:18	67.28
118	548	Geoff Decker			M Brooklyn	NY	31:42	6:21	67.25
119	441	Joseph Skufca	49	M	Niskayuna	NY	35:30	7:06	67.23
120	132	Brian Dillenbeck	45	M	Alplaus	NY	34:27	6:54	67.10
121	362	Kristie Pageau	25	F	Rensselaer	NY	36:04	7:13	67.10
122	136	William Dodds	41	M	Schenectady	NY	33:26	6:42	67.05
123	386	John Pusateri	48	M	Castleton	NY	35:21	7:05	66.95
124	536	Richard Loud	51	M	Ballston Spa	NY	36:16	7:16	66.91
125	396	Jacob Reider	52	M	Slingerlands	NY	36:34	7:19	66.91
126	74	Darlene Cardillo	62	F	Delmar	NY	47:24	9:29	66.77
127	323	Jill Mehan	61	F	Troy	NY	46:48	9:22	66.74
128	35	Jenna Bernhardt	31	F	Albany	NY	36:17	7:16	66.70
129	524	Matt Zappen	40	M	Albany	NY	33:22	6:41	66.68
130	142	John Downey	65	M	Kingston	NY	41:17	8:16	66.41
131	155	Paul Flayter	37	M	Loudonville	NY	32:58	6:36	66.13
132	123	John Deer	33	M	Slingerlands	NY	32:30	6:30	65.95
133	34	Matt Berlin	42	M	Glenmont	NY	34:16	6:52	65.91
134	91	Jeff Clark	58	M	Glenmont	NY	39:05	7:49	65.89
135	469	Emily Taft	25	F	Albany	NY	36:45	7:21	65.85
136	485	Rachel Toolan	40	F	Rensselaer	NY	37:51	7:35	65.79

137	264	Christopher Kurkji	56	M	Ballston Lake	NY	38:31	7:43	65.69
138	95	Matt Clement	36	M	Watertown	WA	33:02	6:37	65.64
139	313	Steve Maynard	40	M	Schenectady	NY	33:57	6:48	65.54
140	102	Greg Coons	50	M	Albany	NY	36:44	7:21	65.52
141	51	Michael Bromm	56	M	Valley Falls	NY	38:39	7:44	65.46
142	292	Brian Lusignan	31	M	Delmar	NY	32:39	6:32	65.39
143	250	Casey Kohler	29	F	Albany	NY	37:16	7:28	64.94
144	293	Donna Lustenhouwer	62	F	Altamont	NY	48:47	9:46	64.88
145	100	Barbara Connolly	57	F	Delmar	NY	45:50	9:10	64.69
146	505	Abby Watson	36	F	Niskayuna	NY	37:48	7:34	64.68
147	225	Anne Hurley	53	F	Delmar	NY	43:39	8:44	64.68
148	1	Mark Bryant	56	M	Delmar	NY	39:17	7:52	64.40
149	134	Sean Dinn	45	M	Delmar	NY	35:56	7:12	64.33
150	161	Paul Forbes	65	M	Colonie	NY	42:38	8:32	64.31
151	537	Timothy O'Connor	57	M	Albany	NY	39:43	7:57	64.25
152	341	Roy Mowrey	57	M	Johnstown	NY	39:44	7:57	64.22
153	87	Emily Chromczak	29	F	Delmar	NY	37:42	7:33	64.19
154	47	Dan Briggs	31	M	Saratoga Springs	NY	33:18	6:40	64.11
155	266	Cathy Lanese	66	F	Troy	NY	52:17	10:28	63.95
156	189	Amy Gould	44	F	Hudson Falls	NY	40:07	8:02	63.85
157	465	Nick Suhr	36	F	Delmar	NY	38:22	7:41	63.73
158	353	Eagleye Nye	66	M	Feura Bush	NY	43:29	8:42	63.66
159	288	Jonathan Louden	31	M	Clifton Park	NY	33:33	6:43	63.64
160	531	Molly Casey	31	F	Albany	NY	38:03	7:37	63.60
161	366	Martin Patrick	62	M	East Greenbush	NY	41:58	8:24	63.58
162	501	Katie Vitello	33	F	Slingerlands	NY	38:09	7:38	63.56
163	534	Mayumi Tsutsoi	57	F	Rensselaer	NY	46:44	9:21	63.45
164	94	Sue Cleary	52	F	Albany	NY	44:03	8:49	63.34
165	403	Erin Rightmyer	32	F	Delmar	NY	38:22	7:41	63.12
166	425	Aubrey Schulz	37	F	Granby	CT	38:57	7:48	62.99
167	304	Bill Marinello	58	M	Slingerlands	NY	40:53	8:11	62.98
168	510	Vincent Wenger	52	M	Schenectady	NY	38:52	7:47	62.95
169	327	Dan Messier	35	M	Slingerlands	NY	34:22	6:53	62.80
170	199	Bill Grimaldi	50	M	Selkirk	NY	38:22	7:41	62.73
171	105	Peter Cowie	68	M	Schenectady	NY	45:01	9:01	62.64
172	196	Melissa Grandjean	37	F	Glenville	NY	39:12	7:51	62.59
173	165	Francine Fredette	47	F	Glenmont	NY	42:07	8:26	62.56
174	148	Caitlyn Edmundson	27	F	Delmar	NY	38:43	7:45	62.51

175	216	Christopher Hogan	50	M	Delmar	NY	38:33	7:43	62.43
176	249	Erik Koenitzer	39	M	Fultonville	NY	35:33	7:07	62.12
177	433	John Sheehy	58	M	Menands	NY	41:40	8:20	61.80
178	15	Erin Ayala	28	F	Schenectady	NY	39:12	7:51	61.73
179	22	Bob Barbato	57	M	Delmar	NY	41:29	8:18	61.51
180	98	Wendy Colonno	39	F	Glenmont	NY	40:19	8:04	61.43
181	62	Gail Burda	65	F	North Adams	MA	53:45	10:45	61.33
182	252	Mike Konderwich	25	M	Albany	NY	34:46	6:58	61.31
183	114	Barbara Davi	52	F	Hudson	NY	45:32	9:07	61.27
184	222	Mark Howe	54	M	East Greenbush	NY	40:39	8:08	61.21
185	547	Anders Tomson	49	M	Slingerlands	NY	39:03	7:49	61.12
186	239	Dan Keefe	47	M	Delmar	NY	38:27	7:42	61.08
187	215	Michelle Hoffman	38	F	Hudson	NY	40:23	8:05	61.00
188	270	Joseph Lasch	45	M	Delmar	NY	37:55	7:35	60.97
189	228	Kathy Hutson	59	F	Clifton Park	NY	49:55	9:59	60.94
190	41	Richard Bourgeois	45	M	Albany	NY	38:02	7:37	60.78
191	46	Carl Brewer	33	M	Albany	NY	35:18	7:04	60.72
192	43	Colleen Breiner	50	F	Troy	NY	44:55	8:59	60.70
193	122	Tara Dee	23	F	Bennington	VT	39:52	7:59	60.70
194	185	Denise Gonder	52	F	Albany	NY	46:01	9:13	60.63
195	163	Gregory Francese	25	M	Albany	NY	35:13	7:03	60.53
196	182	Alan Goldberg	52	M	Glenmont	NY	40:26	8:06	60.51
197	19	Mark Bagdon	68	M	Delmar	NY	46:38	9:20	60.47
198	334	Richard Moorfoot	30	M	Clifton Park	NY	35:17	7:04	60.46
199	121	Linda Dedominicis	47	F	Menands	NY	43:36	8:44	60.44
200	240	Jennifer Kehn	28	F	Clifton Park	NY	40:09	8:02	60.27
201	430	Douglas Secor	36	M	Scotia	NY	36:00	7:12	60.23
202	211	Scott Henricks	51	M	Averill Park	NY	40:19	8:04	60.19
203	302	Nikki Manikas	28	F	Schenectady	NY	40:15	8:03	60.12
204	108	Jennifer Crave	30	F	Niskayuna	NY	40:16	8:04	60.10
205	231	Alison Johnson	45	F	Delmar	NY	43:01	8:37	60.09
206	180	Heidi Glazier	54	F	Slingerlands	NY	47:35	9:31	60.07
207	209	Jennifer L. Hebner	41	F	Delmar	NY	41:46	8:22	59.98
208	520	Maggie Wood	34	F	Albany	NY	40:33	8:07	59.93
209	9	Shannon Anson	36	F	Delmar	NY	40:49	8:10	59.90
210	177	Brittany Giles	33	F	Voorheesville	NY	40:33	8:07	59.80
211	340	Susan Motler	53	F	Rensselaer	NY	47:14	9:27	59.77
212	300	Shannon Maker	32	F	Delmar	NY	40:34	8:07	59.70

213	251	Thomas Kollar	70	M	Schenectady	NY	48:22	9:41	59.55
214	477	Chuck Terry	33	M	Albany	NY	36:01	7:13	59.51
215	223	Andrea Hubalek	36	F	Delmar	NY	41:07	8:14	59.47
216	245	Stephen Kerwin	65	M	Glenmont	NY	46:08	9:14	59.43
217	260	Kristen Kuhn	37	F	Delmar	NY	41:18	8:16	59.40
218	373	Jim Pepin	65	M	East Greenbush	NY	46:16	9:16	59.26
219	400	Laura Reutzell	33	F	Castleton	NY	40:59	8:12	59.17
220	77	Melissa Carriero	29	F	Delmar	NY	40:54	8:11	59.17
221	311	Holden Maynard	16	M	Schenectady	NY	36:52	7:23	59.04
222	401	Beth Rice	44	F	Voorheesville	NY	43:26	8:42	58.98
223	226	Denis Hurley Jr	53	M	Delmar	NY	41:50	8:22	58.96
224	273	Christopher Leavit	28	M	Schenectady	NY	36:11	7:15	58.91
225	135	Amanda Dockstader	26	F	Burnt Hills	NY	41:28	8:18	58.36
226	384	Jan Pryor	65	F	East Greenbush	NY	56:32	11:19	58.31
227	379	Lianne Pinchuk	40	F	Delmar	NY	42:47	8:34	58.20
228	474	Emmanuel Tay	15	M	Delmar	NY	37:59	7:36	58.14
229	237	Vince Juliano	58	M	Delanson	NY	44:18	8:52	58.13
230	509	Steven Welch	56	M	Slingerlands	NY	43:32	8:43	58.12
231	422	Elisa Schneider	49	F	Troy	NY	46:27	9:18	58.02
232	208	Stephanie Havens	30	F	Troy	NY	41:46	8:22	57.94
233	131	Melanie Diamond	38	F	Delanson	NY	42:31	8:31	57.94
234	546	Maureen Zito	50	F	Glenmont	NY	47:07	9:26	57.87
235	117	Arup De	42	M	Delmar	NY	39:12	7:51	57.61
236	428	Ben Sears	31	M	Albany	NY	37:04	7:25	57.60
237	498	Ben Verschueren	40	M	Niskayuna	NY	38:42	7:45	57.49
238	38	Eiko Bogue	78	F	Schaghticoke	NY	1:10:07	14:02	57.45
239	462	Sarah Strock	33	F	Glenmont	NY	42:17	8:28	57.35
240	471	Mary Tanner-Richte	44	F	Delmar	NY	44:40	8:56	57.35
241	268	Jean Lange	50	F	Schenectady	NY	47:33	9:31	57.34
242	355	Sara O'Grady	35	F	Bethlehem	NY	42:32	8:31	57.29
243	324	Jennifer Meissner	40	F	Averill Park	NY	43:34	8:43	57.15
244	432	Sarah Sharpe	35	F	Albany	NY	42:42	8:33	57.06
245	309	Bridget Masters	36	F	Delmar	NY	42:51	8:35	57.06
246	156	Mark Fleszar	66	M	Troy	NY	48:35	9:43	56.98
247	466	John Sullivan	44	M	Albany	NY	40:17	8:04	56.93
248	238	Mary Keane	51	F	Rensselaer	NY	48:31	9:43	56.85
249	307	Mary Martin	56	F	Delmar	NY	51:31	10:19	56.84
250	197	Teresa Grant	43	F	Glenmont	NY	44:46	8:58	56.78

251	280	Lynn Lindskoog	55	F	Troy	NY	51:04	10:13	56.66
252	259	Gina Kucinski	37	F	Delmar	NY	43:22	8:41	56.57
253	243	Kristi Kemmer	37	F	Voorheesville	NY	43:25	8:41	56.51
254	4	Jim Allen	65	M	Millbrook	NY	48:32	9:43	56.49
255	525	Kristin Zielinski	36	F	Altamont	NY	43:20	8:40	56.42
256	110	Dan Curtin	69	M	Adirondack	NY	50:29	10:06	56.42
257	99	Lara Comithier	49	F	Greenville	NY	47:47	9:34	56.40
258	201	Frank Gwinn	42	M	Troy	NY	40:05	8:01	56.34
259	517	Cara Wolff	41	F	Niskayuna	NY	44:30	8:54	56.29
260	541	Erin Dewalt	36	F	Easton	PA	43:27	8:42	56.27
261	468	Kelly Sullivan	37	F	Schenectady	NY	43:39	8:44	56.20
262	145	Melissa Dulin	35	F	Souderton	PA	43:24	8:41	56.14
263	166	Elizabeth Gadomski	28	F	Albany	NY	43:09	8:38	56.08
264	392	Antonietta Rarick	42	F	Delmar	NY	45:01	9:01	56.02
265	364	Eric Parker	60	M	Johnstown	NY	46:50	9:22	55.94
266	357	Kyle D. Ordway	40	M	Albany	NY	39:47	7:58	55.93
267	181	Kara Gokey	34	F	Delmar	NY	43:27	8:42	55.93
268	82	John Chaplin	49	M	Delmar	NY	42:42	8:33	55.89
269	406	Paul Rogers	48	M	Johnstown	NY	42:25	8:29	55.80
270	463	Sharon Strodl	41	F	Nassau	NY	44:58	9:00	55.71
271	351	Daniel Nugent	57	M	Delmar	NY	45:49	9:10	55.69
272	345	Heidi Nark	35	F	Clifton Park	NY	43:58	8:48	55.42
273	514	Colleen Williams	41	F	Latham	NY	45:17	9:04	55.32
274	193	Gary Grace	51	M	Delmar	NY	43:53	8:47	55.30
275	426	Ken Schulz	38	M	Granby	CT	39:40	7:56	55.29
276	283	Michael Lombardi	41	M	Slingerlands	NY	40:36	8:08	55.21
277	330	Anne Miralles	49	F	Rensselaer	NY	48:50	9:46	55.19
278	85	James Christian	33	M	Albany	NY	38:52	7:47	55.15
279	214	Charles Hoffman	40	M	Hudson	NY	40:22	8:05	55.12
280	492	Kyle Van Riper	38	M	Avondale	PA	39:50	7:58	55.06
281	417	Larry Salvagni	42	M	Feura Bush	NY	41:01	8:13	55.06
282	24	Margaret L Barrow	32	F	Voorheesville	NY	44:00	8:48	55.04
283	319	Andrew McCullough	63	M	Slingerlands	NY	48:58	9:48	54.97
284	101	Michael Conway	45	M	East Nassau	NY	42:05	8:25	54.93
285	487	Karen Tracey	47	F	East Greenbush	NY	48:14	9:39	54.63
286	93	Kristine Clarke	51	F	Niskayuna	NY	50:32	10:07	54.58
287	30	Ashley Benincasa	32	F	Glenville	NY	44:30	8:54	54.42
288	369	Anthony Pazmino	34	M	Voorheesville	NY	39:33	7:55	54.36

289	489	Genevieve Trigg	30	F	Albany	NY	44:33	8:55	54.32
290	5	Denise Alper	58	F	Albany	NY	55:18	11:04	54.31
291	407	Denise Rogers Batk	45	F	Troy	NY	47:36	9:32	54.31
292	318	Kelly McCloskey	30	F	Glenmont	NY	44:36	8:56	54.26
293	26	Mike Becker	52	M	Niskayuna	NY	45:06	9:02	54.25
294	120	Karly Decker	36	F	Selkirk	NY	45:06	9:02	54.21
295	423	Dorothea Schoep	44	F	Hudson	NY	47:16	9:28	54.20
296	538	Kyle Graham	18	M	Albany	NY	39:23	7:53	54.17
297	427	Mary Kay Scott	55	F	Schenectady	NY	53:28	10:42	54.12
298	301	Jayne Maloney	48	F	Delmar	NY	49:17	9:52	54.08
299	203	Khalel Hamlin	15	M	Delmar	NY	40:53	8:11	54.02
300	106	Nicole Cox	25	F	Troy	NY	44:49	8:58	54.00
301	235	Kelly Jones	40	F	Mechanicville	NY	46:11	9:15	53.92
302	456	Diana Steenburg	42	F	Albany	NY	46:47	9:22	53.90
303	321	Melissa McHugh	43	F	Nassau	NY	47:13	9:27	53.83
304	377	Matthew Pickett	16	M	Delmar	NY	40:27	8:06	53.81
305	533	Rachel Linehan	26	F	Albany	NY	45:01	9:01	53.76
306	452	Karen Stainbrook	41	F	Delmar	NY	46:38	9:20	53.72
307	545	Chrissy O'Reilly	45	F	Niskayuna	NY	48:09	9:38	53.69
308	481	Luke Thompson	35	M	Voorheesville	NY	40:20	8:04	53.51
309	147	Rick Eckhardt	56	M	Albany	NY	47:18	9:28	53.49
310	479	Randal Thomas	38	M	Delmar	NY	41:03	8:13	53.43
311	352	Fiona Nugent	18	F	Delmar	NY	45:49	9:10	53.40
312	258	Andrew Krupski	25	M	Ballston Spa	NY	40:04	8:01	53.20
313	68	Anne Butler	45	F	Latham	NY	48:41	9:45	53.10
314	76	Alice Carpenter	65	F	Delmar	NY	1:02:13	12:27	52.99
315	140	Kate Dorwaldt	44	F	Albany	NY	48:22	9:41	52.96
316	183	Lauryn Goldstein	22	F	Albany	NY	45:45	9:09	52.90
317	365	Megan Parker	29	F	Troy	NY	45:45	9:09	52.90
318	66	Julie Bushart	46	F	Selkirk	NY	49:23	9:53	52.82
319	418	Jennifer Salvi	37	F	Watervliet	NY	46:30	9:18	52.76
320	529	Julianna Williams	18	F	Albany	NY	46:23	9:17	52.75
321	275	Catherine Leslie	39	F	Delmar	NY	47:01	9:25	52.68
322	399	Brett Reutzel	34	M	Castleton	NY	40:58	8:12	52.48
323	81	Stephen Chamberlin	32	M	Delmar	NY	40:45	8:09	52.47
324	508	Bernie Weis	43	M	Albany	NY	43:29	8:42	52.36
325	221	Kathleen Horning	47	F	Lititz	PA	50:22	10:05	52.32
326	350	Edward Norton	57	M	Albany	NY	48:48	9:46	52.29

327	367	Robert Pattison	41	M	Glenmont	NY	42:56	8:36	52.21
328	429	Karoline Sears	31	F	Albany	NY	46:27	9:18	52.10
329	60	Peg Buffaline	47	F	Delmar	NY	50:35	10:07	52.09
330	460	Angela Stritt	38	F	Delmar	NY	47:22	9:29	52.01
331	279	Silvia Lilly	49	F	Albany	NY	51:50	10:22	51.99
332	109	Melissa Currier	44	F	Troy	NY	49:19	9:52	51.94
333	419	William Salvi	38	M	Watervliet	NY	42:15	8:27	51.91
334	27	Renee Behrens	32	F	Niskayuna	NY	46:42	9:21	51.86
335	358	Mike Otoole	40	M	Mechanicville	NY	42:57	8:36	51.80
336	69	Mark-Richar Butt	73	M	Delmar	NY	57:50	11:34	51.79
337	540	Lauren Jones	40	F	Altamont	NY	48:09	9:38	51.71
338	282	Judy Litt	54	F	Latham	NY	55:17	11:04	51.70
339	497	Marco Varisco	41	M	Delmar	NY	43:23	8:41	51.67
340	8	Adam Anson	35	M	Delmar	NY	41:49	8:22	51.61
341	297	Michael Maguire	60	M	Ballston Lake	NY	50:46	10:10	51.61
342	457	Pam Stephens	46	F	Oswego	NY	50:34	10:07	51.58
343	59	Lori Buckley	48	F	Averill Park	NY	51:43	10:21	51.53
344	276	Robert Leslie	36	M	Delmar	NY	42:05	8:25	51.52
345	290	Kim Lovell	32	F	East Berne	NY	47:00	9:24	51.52
346	167	Leah Gaetano	47	F	Delmar	NY	51:10	10:14	51.50
347	152	Richard Ernst	59	M	Delmar	NY	50:27	10:06	51.47
348	232	Nancy E. Br Johnst	70	F	Ballston Lake	NY	1:08:55	13:47	51.44
349	511	Daniel Whelan	42	M	Delmar	NY	44:09	8:50	51.15
350	92	Tracey Clark	29	F	Clifton Park	NY	47:21	9:29	51.11
351	503	Mary Walsh	44	F	Albany	NY	50:20	10:04	50.89
352	205	Rona Hammer	49	F	Selkirk	NY	53:02	10:37	50.82
353	104	Morgan Costello	44	F	Albany	NY	50:40	10:08	50.56
354	461	Barak Strock	30	M	Glenmont	NY	42:17	8:28	50.45
355	149	Dan Egan	53	M	Albany	NY	48:57	9:48	50.39
356	190	Eric Gould	37	M	Rensselaer	NY	43:24	8:41	50.23
357	306	Heather Martin	42	F	Delmar	NY	50:23	10:05	50.05
358	227	Eric Huss	36	M	Denver	CO	43:20	8:40	50.04
359	119	Chuck Decitise	45	M	Troy	NY	46:19	9:16	49.91
360	151	Pam Eistertz	23	F	Albany	NY	48:32	9:43	49.86
361	39	Kristin Bonds	42	F	Albany	NY	50:40	10:08	49.77
362	56	Colleen Bryant	49	F	Guilderland	NY	54:09	10:50	49.77
363	127	Dr. Tom Denham	48	M	Delmar	NY	47:37	9:32	49.70
364	137	Tim Doherty	62	M	East Berne	NY	54:10	10:50	49.26

365	31	Joe Benoit	58	M	Glenmont	NY	52:19	10:28	49.22
366	267	David Lange	49	M	Schenectady	NY	48:30	9:42	49.21
367	484	Erin Tobin	40	F	Albany	NY	50:42	10:09	49.11
368	376	Becky Phillips	48	F	Schenectady	NY	54:16	10:52	49.11
369	54	John Brunner	49	M	Albany	NY	48:39	9:44	49.06
370	14	Mike Avella Jr.	32	M	Troy	NY	43:36	8:44	49.04
371	212	Bridget Hodgkinson	28	F	Delmar	NY	49:25	9:53	48.97
372	234	Jeffrey Jones	41	M	Mechanicville	NY	45:50	9:10	48.91
373	305	Bruce Martelle	51	M	Delmar	NY	49:41	9:57	48.84
374	162	Robert Foulks	47	M	Albany	NY	48:09	9:38	48.77
375	254	Nicole Kozlowski	36	F	Schenectady	NY	50:16	10:04	48.64
376	116	Marjie Davoli	35	F	Seneca Falls	NY	50:14	10:03	48.51
377	83	Elizabeth Chauvot	54	F	Berne	NY	58:57	11:48	48.49
378	23	Katy Barone	24	F	Albany	NY	50:10	10:02	48.24
379	488	Molly Trevail	32	F	Albany	NY	50:15	10:03	48.19
380	53	Shawn Brousseau	47	M	Slingerlands	NY	48:49	9:46	48.10
381	246	Amanda Keyser	34	F	Schenectady	NY	50:40	10:08	47.96
382	506	Elbert Watson	52	M	Troy	NY	51:04	10:13	47.91
383	315	Bethany Mazura	38	F	Albany	NY	51:25	10:17	47.91
384	504	Ryan Walsh	36	M	Alexandria	VA	45:21	9:05	47.81
385	11	David Austin	36	M	Southington	CT	45:28	9:06	47.69
386	80	Ali Chamberlin	32	F	Delmar	NY	50:49	10:10	47.66
387	499	Allison Villasenor	35	F	Albany	NY	51:10	10:14	47.62
388	521	Stacy Wozniak	45	F	Delmar	NY	54:29	10:54	47.45
389	171	Pilar Geracitano	37	F	Delmar	NY	51:50	10:22	47.33
390	314	Krissy Mazmanian	38	F	Delmar	NY	52:10	10:26	47.22
391	50	Lauren Bristol	36	F	Albany	NY	51:47	10:22	47.22
392	478	Gene Terwilliger	48	M	Scotia	NY	50:12	10:03	47.15
393	247	James Killoran	36	M	Winston-Salem	NC	46:06	9:14	47.03
394	96	Thomas Clement	66	M	Delmar	NY	58:57	11:48	46.96
395	172	Rachel Geracitano	35	F	Latham	NY	51:56	10:24	46.92
396	253	Jewelie Koutelis	42	F	Delmar	NY	54:00	10:48	46.70
397	129	Nicole Depasquale	43	M	Averill Park	NY	48:50	9:46	46.62
398	329	Justin Minkler	28	M	Troy	NY	45:46	9:10	46.58
399	277	Paul Levine	54	M	Delmar	NY	53:41	10:45	46.35
400	442	Doug Smail	53	M	Troy	NY	53:23	10:41	46.21
401	186	Allyson Goose	38	F	Cambridge	MA	53:26	10:42	46.10
402	494	Matthew Vanderlofs	33	M	Feura Bush	NY	46:31	9:19	46.08

403	543	Jim Gazzale	28	M	Troy	NY	46:17	9:16	46.06
404	233	Greg Jones	39	M	Delmar	NY	48:10	9:38	45.85
405	75	Robert Cardona	39	M	Rensselaer	NY	48:12	9:39	45.82
406	153	Lindsey Etringer	31	F	Albany	NY	52:51	10:35	45.79
407	281	Danise Linen	36	F	Albany	NY	53:25	10:41	45.77
408	394	Summar Razvi	33	F	Millbrook	NY	53:01	10:37	45.74
409	206	William Hammer	49	M	Selkirk	NY	52:25	10:29	45.53
410	112	Nancy Czachor	31	F	Albany	NY	53:32	10:43	45.20
411	420	Alexandria Sanchez	47	F	Selkirk	NY	58:36	11:44	44.97
412	187	Janice Gossman	39	F	Clifton Park	NY	55:12	11:03	44.87
413	436	Amanda Shiel	26	F	Slingerlands	NY	54:01	10:49	44.80
414	274	Raymond W. Lee Jr.	74	M	Halfmoon	NY	1:09:17	13:52	43.88
415	416	Jonathan Sajan	33	M	Albany	NY	49:25	9:53	43.37
416	265	Daniel Lajeunesse	34	M	Cohoes	NY	49:37	9:56	43.33
417	443	Christina Smith	46	F	East Greenbush	NY	1:00:21	12:05	43.22
418	434	Caitlin Sheil	30	F	Albany	NY	56:08	11:14	43.11
419	285	Stefanie Loomis	38	F	Selkirk	NY	57:11	11:27	43.08
420	549	Laura Miller	25	F	Schenectady	NY	56:43	11:21	42.67
421	178	Joseph Giles	30	M	Watervliet	NY	50:45	10:09	42.04
422	493	Katherine Vanderlo	33	F	Feura Bush	NY	57:55	11:35	41.87
423	348	Nicole Niles	39	F	Albany	NY	59:17	11:52	41.78
424	470	Daniel Tanguay	40	M	Delmar	NY	53:46	10:46	41.38
425	146	Danielle Earing	22	F	Delmar	NY	58:30	11:42	41.37
426	363	Carrie Palow	34	F	Berne	NY	58:57	11:48	41.22
427	118	Peter De Bock	38	M	Clifton Park	NY	53:52	10:47	40.72
428	299	Archie Maker	40	M	Delmar	NY	55:07	11:02	40.37
429	284	Mike Loomis	40	M	Selkirk	NY	55:34	11:07	40.04
430	111	Douglas Czachor	31	M	Albany	NY	53:32	10:43	39.88
431	539	Dana Jones	42	F	Altamont	NY	1:03:24	12:41	39.77
432	202	Daniel Hallenbeck	37	M	Loudonville	NY	55:27	11:06	39.31
433	16	Jeevarathna Ayyamp	43	M	Guilderland	NY	58:11	11:39	39.13
434	241	Matthew Kelly	62	M	Delmar	NY	1:08:12	13:39	39.13
435	375	Julia Pfeiffer	34	F	Nassau	NY	1:02:42	12:33	38.76
436	286	Courtney Losee	37	F	Glenmont	NY	1:03:37	12:44	38.56
437	287	Erin Losee	36	F	Clifton Park	NY	1:03:36	12:44	38.44
438	73	Melanie Capron	40	F	Duanesburg	NY	1:05:54	13:11	37.78
439	244	Michael Kennedy	36	M	Oswego	NY	57:25	11:29	37.77
440	550	Alfred Angel-Ramse		M	Asbury Park	NJ	56:43	11:21	37.58

441 495 Ryan Vandervoort 37 M Troy

NY 58:09 11:38 37.49