

**HELDERBERG 5K
VOORHEESVILLE HS
VOORHEESVILLE, NY**

JULY 16, 2017

Overall

Pl	Comp#	Name	Sex/Age	City/State	Time
1	186	Austin, Michael	M35	Delmar, NY	17:36
2	225	Smith, Todd	M43	Voorheesville, NY	19:10
3	204	Hannon, Sean	M34	Guilderland, NY	20:23
4	231	Lasher, Daron	M16	East Durham, NY	21:23
5	237	Eckels, Bob	M41	Slingerlands, NY	21:28
6	200	Glass, Dave	M70	Glenville, NY	21:34
7	185	Aidala, Greg	M43	Loudonville, NY	21:55
8	190	Bode, Eric	M25	Scotia, NY	22:16
9	219	Peterson, Dana	W46	Voorheesville, NY	22:31
10	232	Tisko, Penny	W48	Voorheesville, NY	22:38
11	187	Austin, Rachael	W33	Delmar, NY	22:54
12	222	Santamaria, Joseph	M33	Altamont, NY	23:08
13	235	Rohan, Meaghan	W17	East Durham, NY	23:35
14	199	Gifford, Milo	M40	Gloversville, NY	23:47
15	239	White, Phillip	M41	Malta, NY	23:54
16	193	Chromczak, Jackie	W29	Rensselaer, NY	24:22
17	227	Sornberger, Kacey	W42	Albany, NY	24:35
18	213	McCarthy, John	M45	Albany, NY	25:28
19	189	Benny-Rielly, Ami Jo	W36	Rotterdam, NY	25:37
20	221	Sack, Kimberly	W60	Niskayuna, NY	25:42
21	198	Gifford, Katie	W36	Gloversville, NY	26:50
22	197	Eistertz, Pam	W25	Castleton-on-Hudson, NY	26:56
23	216	Moore, Jim	M77	Niskayuna, NY	26:57
24	230	Reynolds, Richard	M66	Voorheesville, NY	27:40
25	234	Bailey, Samantha	W31	Voorheesville, NY	27:54
26	233	Ayyamperumal, Jeevar	M44	Albany, NY	28:03
27	236	Conklin, Sierra	W30	Berne, NY	28:40
28	240	Murphy, John	M57	Niskayuna, NY	29:24
29	196	Decker, Linsie	W28	Schenectady, NY	29:32
30	238	Tallman, Nicholas	M52	Neptune City, NJ	30:42
31	194	Clark, Erica	W40	Watervliet, NY	31:43
32	211	Laroche, Anne	W64	Venice, FL	33:31
33	207	Henson, Kathryn	W58	East Greenbush, NY	34:56
34	195	Connors, Amanda	W31	Voorheesville, NY	35:09
35	205	Hein, Gail	W65	Altamont, NY	35:31
36	214	McCready, Meghan	W34	Castleton, NY	36:26
37	188	Beharry, Medaalsa	W58	Slingerlands, NY	36:26
38	206	Hein, Joe	M67	Altamont, NY	36:43
39	192	Carpenter, Alice	W67	Delmar, NY	37:13
40	208	Johnston, Nancy	W71	Ballston Lake, NY	38:06
41	217	Murray Jr, Ralph	M53	Latham, NY	38:21
42	215	Meliski, Mary	W58	Stillwater, NY	39:17
43	220	Rickard, Mariah	W22	Cohoes, NY	40:26
44	209	Kelly, Joe	M83	Menands, NY	41:42
45	218	Orner, Kenneth	M87	Albany, NY	43:40
46	201	Guarini, Heather	W26	Troy, NY	43:48
47	228	Strobeck, Thomas	M68	Catskill, NY	43:50
48	229	Torgersen, Jennifer	W41	Albany, NY	47:08
49	226	Snyder, Deb	W65	Watervliet, NY	48:10
50	241	Staff, Laura	W51	Albany, NY	49:14 Walk
51	242	Nicholas, Lucia	W53	Niskayuna, NY	49:15 Walk

Age Groups

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Name                Sex/Age  City/State                Time
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Overall Results Women 5000 Run

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1 Peterson, Dana      W46 Voorheesville, NY    22:31
2 Tisko, Penny        W48 Voorheesville, NY    22:38
3 Austin, Rachael     W33 Delmar, NY           22:54
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Overall Results Men 5000 Run

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1 Austin, Michael    M35 Delmar, NY           17:36
2 Smith, Todd        M43 Voorheesville, NY    19:10
3 Hannon, Sean       M34 Guilderland, NY      20:23
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Women

17-19 Results

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1 Rohan, Meaghan     W17 East Durham, NY      23:35
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20-24 Results

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1 Rickard, Mariah    W22 Cohoes, NY           40:26
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25-29 Results

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1 Chromczak, Jackie  W29 Rensselaer, NY      24:22
2 Eistertz, Pam      W25 Castleton, NY       26:56
3 Decker, Linsie     W28 Schenectady, NY     29:32
4 Guarini, Heather   W26 Troy, NY             43:48
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30-34 Results

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1 Bailey, Samantha  W31 Voorheesville, NY   27:54
2 Conklin, Sierra    W30 Berne, NY            28:40
3 Connors, Amanda    W31 Voorheesville, NY   35:09
4 McCreedy, Meghan   W34 Castleton, NY       36:26
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35-39 Results

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1 Benny-Rielly, Ami Jo W36 Rotterdam, NY       25:37
2 Gifford, Katie     W36 Gloversville, NY    26:50
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40-44 Results

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1 Sornberger, Kacey  W42 Albany, NY           24:35
2 Clark, Erica       W40 Watervliet, NY      31:43
3 Torgersen, Jennifer W41 Albany, NY           47:08
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55-59 Results

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1 Henson, Kathryn    W58 East Greenbush, NY  34:56
2 Beharry, Medaalsa  W58 Slingerlands, NY    36:26
3 Meliski, Mary      W58 Stillwater, NY      39:17
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60-64 Results

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1 Sack, Kimberly     W60 Niskayuna, NY       25:42
2 Laroche, Anne      W64 Venice, FL           33:31
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65-69 Results

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1 Hein, Gail         W65 Altamont, NY        35:31
2 Carpenter, Alice   W67 Delmar, NY          37:13
3 Snyder, Deb        W65 Watervliet, NY     48:10
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70-74 Results

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1 Johnston, Nancy    W71 Ballston Lake, NY   38:06
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Men

13-16 Results		
1 Lasher, Daron	M16 East Durham, NY	21:23
25-29 Results		
1 Bode, Eric	M25 Scotia, NY	22:16
30-34 Results		
1 Santamaria, Joseph	M33 Altamont, NY	23:08
40-44 Results		
1 Eckels, Bob	M41 Slingerlands, NY	21:28
2 Aidala, Greg	M43 Loudonville, NY	21:55
3 Gifford, Milo	M40 Gloversville, NY	23:47
4 White, Phillip	M41 Malta, NY	23:54
5 Ayyamperumal, Jeevar	M44 Albany, NY	28:03
45-49 Results		
1 McCarthy, John	M45 Albany, NY	25:28
50-54 Results		
1 Tallman, Nicholas	M52 Neptune City, NJ	30:42
2 Murray jr, Ralph	M53 Latham, NY	38:21
55-59 Results		
1 Murphy, John	M57 Niskayuna, NY	29:24
65-69 Results		
1 Reynolds, Richard	M66 Voorheesville, NY	27:40
2 Hein, Joe	M67 Altamont, NY	36:43
3 Strobeck, Thomas	M68 Catskill, NY	43:50
70-74 Results		
1 Glass, Dave	M70 Glenville, NY	21:34
75-79 Results		
1 Moore, Jim	M77 Niskayuna, NY	26:57
80-99 Results		
1 Kelly, Joe	M83 Menands, NY	41:42
2 Orner, Kenneth	M87 Albany, NY	43:40