

Rick's Run

Single Lap Report - Overall

5.22 Miler / "Steeps" Grand Prix

Race Date
September 16, 2018

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Lap Time</u>	<u>Lap</u>	<u>Pace</u>	<u>Distance</u>	<u>Time Back</u>
1	Scott Wallace	726	M 39	37:19.0	1	7:09/M	5.22000	
2	Dustin Champion	518	M 32	37:38.3	1	7:13/M	5.22000	0:19.2
3	William Marquiss	557	M 49	40:18.1	1	7:43/M	5.22000	2:59.0
4	Andrew Daniels	600	M 39	40:55.1	1	7:50/M	5.22000	3:36.0
5	Eric Cameron	652	M 45	41:18.6	1	7:55/M	5.22000	3:59.5
6	William King	551	M 34	41:33.9	1	7:58/M	5.22000	4:14.8
7	Michael Geisler	669	M 46	43:28.0	1	8:20/M	5.22000	6:09.0
8	Cheryl Scholl	573	F 46	43:53.2	1	8:24/M	5.22000	6:34.2
9	Mark Leahy	554	M 48	43:54.8	1	8:25/M	5.22000	6:35.7
10	John Jabara	587	M 55	43:59.3	1	8:26/M	5.22000	6:40.3
11	Jairo Flores	530	M 37	44:10.7	1	8:28/M	5.22000	6:51.6
12	Jason Scaroni	738	M 39	44:27.3	1	8:31/M	5.22000	7:08.3
13	Timothy L Guinan	538	M 31	44:27.6	1	8:31/M	5.22000	7:08.5
14	Jana Fridrichoua	595	F 39	45:12.6	1	8:40/M	5.22000	7:53.6
15	Jason Lawrence	686	M 41	45:15.8	1	8:40/M	5.22000	7:56.7
16	Helene Dumais	528	F 37	45:20.3	1	8:41/M	5.22000	8:01.2
17	Michael Hohl	677	M 25	46:14.6	1	8:51/M	5.22000	8:55.6
18	John Way	594	M 53	46:27.8	1	8:54/M	5.22000	9:08.7
19	Blake Capella	521	M 20	46:53.0	1	8:59/M	5.22000	9:33.9
20	Adam Heeley	742	M 42	48:18.8	1	9:15/M	5.22000	10:59.8
21	Kristin Leahy	553	F 35	48:39.3	1	9:19/M	5.22000	11:20.3
22	Mariska Kramer	682	F 44	49:08.0	1	9:25/M	5.22000	11:48.9
23	Adam Durette	529	M 33	49:41.2	1	9:31/M	5.22000	12:22.1
24	Aaron Hastings	746	M 46	50:09.4	1	9:36/M	5.22000	12:50.4
25	Tim Okeefe	567	M 65	50:42.8	1	9:43/M	5.22000	13:23.7
26	Gary Willard	735	M 59	50:58.3	1	9:46/M	5.22000	13:39.3
27	Paul Kirk	552	M 44	51:15.0	1	9:49/M	5.22000	13:55.9
28	Peter Folan	531	M 34	51:35.3	1	9:53/M	5.22000	14:16.2
29	Andrew Roy	588	M 38	51:35.9	1	9:53/M	5.22000	14:16.9
30	Thomas Crayton	658	M 54	52:20.0	1	10:02/M	5.22000	15:00.9
31	Mike Ogrady	754	M 65	52:36.0	1	10:05/M	5.22000	15:17.0
32	Craig Combs	598	M 41	52:37.0	1	10:05/M	5.22000	15:18.0
33	Edison Hatter	673	M 19	53:12.7	1	10:11/M	5.22000	15:53.6
34	Linda Boring	648	F 53	53:19.1	1	10:13/M	5.22000	16:00.1
35	Nathaniel Lee	749	M 39	53:47.6	1	10:18/M	5.22000	16:28.6
36	Lindsey Weaver	580	F 32	54:17.5	1	10:24/M	5.22000	16:58.5
37	Christopher Hohl	676	M 52	54:55.8	1	10:31/M	5.22000	17:36.8
38	Jill Jacobs	756	F 51	55:25.9	1	10:37/M	5.22000	18:06.8
39	Stephan Dobson	660	M 57	55:52.0	1	10:42/M	5.22000	18:33.0
40	Jamie Aliveto	597	F 45	55:56.0	1	10:43/M	5.22000	18:37.0
41	Jeffrey Brown	515	M 37	56:35.3	1	10:50/M	5.22000	19:16.2
42	Lisa Johnston	680	F 53	56:37.9	1	10:51/M	5.22000	19:18.9
43	Randy Gesell	603	M 63	57:30.3	1	11:01/M	5.22000	20:11.2
44	Michael Stefanon	750	M 49	57:42.4	1	11:03/M	5.22000	20:23.4
45	Katy Warehime	579	F 36	57:49.2	1	11:05/M	5.22000	20:30.2
46	Victor Pellicier	590	M 50	58:20.9	1	11:10/M	5.22000	21:01.8

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47	Emily Higgins	544	F	28	58:35.9	1	11:13/M	5.22000	21:16.8
48	Kyle Unger	725	M	31	58:45.9	1	11:15/M	5.22000	21:26.8
49	Lou King	550	M	61	1:00:14.0	1	11:32/M	5.22000	22:54.9
50	Michael Kearney	549	M	62	1:00:20.0	1	11:33/M	5.22000	23:00.9
51	John Carnahan	654	M	51	1:00:44.6	1	11:38/M	5.22000	23:25.6
52	J Carroll	656	M	50	1:00:46.8	1	11:38/M	5.22000	23:27.7
53	Lloyd Rawley	711	M	57	1:00:47.3	1	11:39/M	5.22000	23:28.3
54	Adeline Ntam	703	F	38	1:00:58.4	1	11:41/M	5.22000	23:39.3
55	Kate Maerten	692	F	39	1:01:02.9	1	11:42/M	5.22000	23:43.8
56	Jessica O'Neil	705	F	29	1:01:12.1	1	11:43/M	5.22000	23:53.1
57	Kevin Meissner	563	M	49	1:01:36.8	1	11:48/M	5.22000	24:17.7
58	Allison Abbe	633	F	43	1:01:57.5	1	11:52/M	5.22000	24:38.5
59	Ronald Robisch	712	M	51	1:02:18.4	1	11:56/M	5.22000	24:59.3
60	Katrina Bigelon	602	F	40	1:02:45.6	1	12:01/M	5.22000	25:26.6
61	Rheeanna Walters	727	F	42	1:02:45.6	1	12:01/M	5.22000	25:26.6
62	Ameenah Noor	702	F	14	1:02:45.8	1	12:01/M	5.22000	25:26.8
63	James Loveland	691	M	47	1:02:48.5	1	12:02/M	5.22000	25:29.5
64	Erica Price	709	F	38	1:02:48.5	1	12:02/M	5.22000	25:29.5
65	Kerry Shepherd	716	F	51	1:02:48.9	1	12:02/M	5.22000	25:29.9
66	Sandra Hogg	675	F	29	1:02:49.3	1	12:02/M	5.22000	25:30.3
67	Ella Brockey	514	F	10	1:02:54.3	1	12:03/M	5.22000	25:35.2
68	Dan Rogers	713	M	42	1:02:56.0	1	12:03/M	5.22000	25:37.0
69	Bill Yesnick	732	M	51	1:02:56.0	1	12:03/M	5.22000	25:37.0
70	Brenda Dorman	527	F	50	1:03:02.3	1	12:05/M	5.22000	25:43.2
71	Jennifer Loftis	556	F	40	1:03:16.8	1	12:07/M	5.22000	25:57.7
72	Dee Gager	665	F	54	1:04:12.4	1	12:18/M	5.22000	26:53.3
73	Kibby Powell	708	F	49	1:04:12.4	1	12:18/M	5.22000	26:53.3
74	Richard Potter	569	M	71	1:04:12.9	1	12:18/M	5.22000	26:53.8
75	Carrie Quinn	586	F	41	1:04:14.8	1	12:18/M	5.22000	26:55.7
76	Ryan Baker-Branstetter	640	M	36	1:04:16.6	1	12:19/M	5.22000	26:57.6
77	Michelle Mitchell	565	F	60	1:04:17.7	1	12:19/M	5.22000	26:58.7
78	Zainab Abdullah	636	F	33	1:04:31.0	1	12:22/M	5.22000	27:12.0
79	Eric Watson	728	M	39	1:05:01.1	1	12:27/M	5.22000	27:42.1
80	Paul Aumayr	737	M	48	1:05:01.2	1	12:27/M	5.22000	27:42.2
81	Melissa Baker	507	F	36	1:05:16.1	1	12:30/M	5.22000	27:57.0
82	Justin McLaughlin	561	M	44	1:05:17.9	1	12:30/M	5.22000	27:58.8
83	Kurt Zarefoss	733	M	50	1:05:18.3	1	12:31/M	5.22000	27:59.2
84	Stacy Difranc	659	F	39	1:05:21.8	1	12:31/M	5.22000	28:02.8
85	Gwyneth Scaroni	715	F	35	1:05:27.8	1	12:32/M	5.22000	28:08.7
86	Vaughn Temple	577	M	46	1:05:29.6	1	12:33/M	5.22000	28:10.6
87	Daniel Cardenas	653	M	49	1:05:30.6	1	12:33/M	5.22000	28:11.6
88	Martha Grib-Kachman	537	F	56	1:05:49.5	1	12:37/M	5.22000	28:30.5
89	Susan Errickson	662	F	54	1:05:57.7	1	12:38/M	5.22000	28:38.6
90	Dinny Bedard	641	F	58	1:06:12.3	1	12:41/M	5.22000	28:53.2
91	Chris Dutton	661	M	34	1:06:14.1	1	12:41/M	5.22000	28:55.1
92	Laura Turbe	745	F	50	1:06:28.0	1	12:44/M	5.22000	29:08.9
93	Kevin O'Grady	704	M	28	1:06:47.9	1	12:48/M	5.22000	29:28.9
94	Anna Hartman	671	F	20	1:06:48.2	1	12:48/M	5.22000	29:29.1
95	Amy Scaringe	714	F	32	1:06:48.5	1	12:48/M	5.22000	29:29.5

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96	Harriet Langlois	685	F	62	1:06:57.1	1	12:50/M	5.22000	29:38.0
97	Javier Montenegro	699	M	32	1:07:06.2	1	12:51/M	5.22000	29:47.2
98	Jennifer Van De Griek	601	F	37	1:07:27.9	1	12:55/M	5.22000	30:08.8
99	Robert Holt	592	M	61	1:07:33.7	1	12:56/M	5.22000	30:14.7
100	Tom Nasuta	701	M	62	1:07:42.5	1	12:58/M	5.22000	30:23.5
101	Emily Ginsberg	534	F	28	1:07:46.3	1	12:59/M	5.22000	30:27.3
102	Michael Busick	650	M	46	1:07:46.5	1	12:59/M	5.22000	30:27.5
103	Eric Eller	755	M	50	1:07:56.4	1	13:01/M	5.22000	30:37.3
104	Jill Cameron	651	F	44	1:08:36.4	1	13:09/M	5.22000	31:17.3
105	Robert Jeffries	548	M	31	1:08:37.3	1	13:09/M	5.22000	31:18.2
106	Sean Steffensen	721	M	48	1:08:55.6	1	13:12/M	5.22000	31:36.6
107	Magali Hoebeeck	741	F	34	1:09:24.6	1	13:18/M	5.22000	32:05.6
108	Helaine Bernstein	513	F	50	1:10:04.5	1	13:25/M	5.22000	32:45.5
109	Nicole Davis	585	F	47	1:10:09.3	1	13:26/M	5.22000	32:50.2
110	Kerry McHugh	696	F	30	1:10:10.0	1	13:27/M	5.22000	32:50.9
111	Sophie Geernaert	533	F	15	1:10:23.0	1	13:29/M	5.22000	33:04.0
112	Pamela Geernaert	668	F	50	1:10:23.8	1	13:29/M	5.22000	33:04.7
113	Jennifer Dress	744	F	53	1:10:31.0	1	13:31/M	5.22000	33:11.9
114	Phil Epstein	740	M	59	1:10:31.7	1	13:31/M	5.22000	33:12.6
115	Joshua Binder	643	M	19	1:10:33.8	1	13:31/M	5.22000	33:14.7
116	Mark Lawrence	687	M	60	1:10:34.1	1	13:31/M	5.22000	33:15.1
117	Katherine Moreland	604	F	29	1:11:16.3	1	13:39/M	5.22000	33:57.3
118	Liza Montenegro	700	F	30	1:11:18.6	1	13:40/M	5.22000	33:59.6
119	Robert Hall	736	M	40	1:11:19.3	1	13:40/M	5.22000	34:00.2
120	Kristin Holzschuh	678	F	43	1:11:31.3	1	13:42/M	5.22000	34:12.2
121	Jennifer McDaniel	694	F	45	1:11:37.1	1	13:43/M	5.22000	34:18.0
122	Kirk Holmes	599	M	59	1:11:44.7	1	13:45/M	5.22000	34:25.7
123	Tish Halle	739	F	56	1:12:10.3	1	13:50/M	5.22000	34:51.2
124	Norma Holsopple	547	F	55	1:12:12.6	1	13:50/M	5.22000	34:53.5
125	Heidi Hade	539	F	42	1:12:12.7	1	13:50/M	5.22000	34:53.6
126	Riley Hinegardener	593	F	17	1:12:13.3	1	13:50/M	5.22000	34:54.3
127	Gretchen Bolton	743	F	72	1:12:13.4	1	13:50/M	5.22000	34:54.3
128	Jamie Almeida	639	F	41	1:12:15.4	1	13:50/M	5.22000	34:56.3
129	Amy Weed	589	F	52	1:12:25.3	1	13:52/M	5.22000	35:06.3
130	Lindsey Welch	729	F	41	1:12:27.9	1	13:53/M	5.22000	35:08.8
131	Theresa Becker	509	F	43	1:12:28.0	1	13:53/M	5.22000	35:08.9
132	Donna Lehman	596	F	47	1:13:18.9	1	14:03/M	5.22000	35:59.8
133	Jeffrey Misner	564	M	63	1:13:38.9	1	14:06/M	5.22000	36:19.8
134	Gerald Villamar	751	M	33	1:13:48.9	1	14:08/M	5.22000	36:29.9
135	Tim Goodfellow	535	M	52	1:14:37.1	1	14:18/M	5.22000	37:18.0
136	Peter Strople	722	M	76	1:14:46.3	1	14:19/M	5.22000	37:27.3
137	Jay Wolfe	748	M	57	1:15:22.6	1	14:26/M	5.22000	38:03.5
138	Lorenzo Richards	572	M	12	1:15:57.4	1	14:33/M	5.22000	38:38.3
139	Tim Eskridge	753	M	34	1:16:02.3	1	14:34/M	5.22000	38:43.2
140	John Follett	664	M	61	1:16:02.4	1	14:34/M	5.22000	38:43.4
141	Yvonne Ford	752	F	34	1:16:03.9	1	14:34/M	5.22000	38:44.9
142	Patrick Donovan	526	M	71	1:16:17.4	1	14:37/M	5.22000	38:58.3
143	Jeff Bogart	645	M	41	1:16:42.3	1	14:42/M	5.22000	39:23.2
144	Megan Bogart	646	F	36	1:16:42.5	1	14:42/M	5.22000	39:23.5

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145	Tricia Heon	543	F	47	1:17:29.7	1	14:51/M	5.22000	40:10.6
146	Constantino Heon	542	M	57	1:17:29.7	1	14:51/M	5.22000	40:10.7
147	Chris Gorham	670	M	46	1:17:57.8	1	14:56/M	5.22000	40:38.7
148	Mark Peyton	706	M	44	1:17:58.2	1	14:56/M	5.22000	40:39.1
149	Tina Garland	667	F	42	1:18:15.1	1	14:59/M	5.22000	40:56.0
150	Allison Hamrick	540	F	47	1:18:31.0	1	15:02/M	5.22000	41:12.0
151	Andrea Thompson	723	F	49	1:18:31.2	1	15:02/M	5.22000	41:12.1
152	Carl Pritchard	710	M	60	1:18:38.2	1	15:04/M	5.22000	41:19.1
153	Qassim Abdullah	635	M	64	1:19:24.7	1	15:13/M	5.22000	42:05.6
154	Roseann Abdu	634	F	46	1:19:50.3	1	15:18/M	5.22000	42:31.2
155	Anne Shubert	718	F	50	1:19:51.2	1	15:18/M	5.22000	42:32.1
156	Laura Gray	536	F	47	1:20:37.5	1	15:27/M	5.22000	43:18.5
157	Stacy Winters	731	F	47	1:21:27.9	1	15:36/M	5.22000	44:08.9
158	Tom Gamber	666	M	38	1:21:37.8	1	15:38/M	5.22000	44:18.7
159	Glenn Divinagracia	525	M	48	1:21:39.5	1	15:39/M	5.22000	44:20.5
160	Jj Bell-Godfrey	512	F	38	1:21:41.7	1	15:39/M	5.22000	44:22.6
161	Joan Divinagracia	524	F	48	1:21:50.6	1	15:41/M	5.22000	44:31.5
162	Monica Divinagracia	523	F	23	1:21:50.6	1	15:41/M	5.22000	44:31.5
163	Christopher Smith	720	M	54	1:22:10.7	1	15:44/M	5.22000	44:51.7
164	Lidiaveen C Smith	719	F	51	1:22:10.7	1	15:44/M	5.22000	44:51.7
165	Chris Beers-Arthur	642	M	50	1:23:29.3	1	16:00/M	5.22000	46:10.3
166	Sola Beers-Arthur	511	F	15	1:23:29.6	1	16:00/M	5.22000	46:10.6
167	Fred Schumacher	574	M	71	1:24:02.6	1	16:06/M	5.22000	46:43.5
168	Marianna McReal	562	F	55	1:25:59.3	1	16:28/M	5.22000	48:40.2
169	Judy Trentini	578	F	55	1:25:59.4	1	16:28/M	5.22000	48:40.3
170	Susan Richards	571	F	53	1:25:59.9	1	16:28/M	5.22000	48:40.9
171	Brittany Bockstanz	644	F	32	1:26:46.2	1	16:37/M	5.22000	49:27.1
172	Angela Papillo	568	F	53	1:30:40.7	1	17:22/M	5.22000	53:21.6
173	Tina Cole	747	F	49	1:30:41.1	1	17:22/M	5.22000	53:22.0
174	Roxana Lewis	690	F	72	1:34:34.6	1	18:07/M	5.22000	57:15.5
175	Linda Williamson	581	F	52	1:35:01.1	1	18:12/M	5.22000	57:42.0
176	Darlene Bucciero	516	F	54	1:35:01.2	1	18:12/M	5.22000	57:42.1
177	Don Taylor	576	M	87	1:41:30.8	1	19:27/M	5.22000	1:04:11.8
178	Jeannie Pellicier	591	F	50	1:43:00.4	1	19:44/M	5.22000	1:05:41.3
179	Robin McConaughy	559	F	56	1:45:34.2	1	20:13/M	5.22000	1:08:15.1
180	Elizabeth Liotta	555	F	54	1:45:34.4	1	20:13/M	5.22000	1:08:15.3
181	Risa Clem	657	F	43	1:45:36.8	1	20:14/M	5.22000	1:08:17.7
182	Arleen Matelock	693	F	59	1:47:19.0	1	20:34/M	5.22000	1:10:00.0
183	Azhar Ibrahim	679	F	59	1:47:19.1	1	20:34/M	5.22000	1:10:00.1
184	Caroline Leean	688	F	56	1:50:21.5	1	21:08/M	5.22000	1:13:02.5
185	Julie Cruickshank	522	F	48	1:51:01.6	1	21:16/M	5.22000	1:13:42.6
186	Rachel Fisher	663	F	39	1:51:04.5	1	21:17/M	5.22000	1:13:45.5
187	Michele Hansen	541	F	68	1:51:57.9	1	21:27/M	5.22000	1:14:38.9
188	Jenny Hartman	672	F	55	2:09:31.2	1	24:49/M	5.22000	1:32:12.1
189	Debi Capella	519	F	49	2:09:31.4	1	24:49/M	5.22000	1:32:12.3
190	Susan Wolfe	582	F	58	2:09:33.7	1	24:49/M	5.22000	1:32:14.6
191	Maile Beers-Arthur	510	F	52	2:16:40.5	1	26:11/M	5.22000	1:39:21.5
192	David Welch	730	M	49	3:43:10.0	1	42:45/M	5.22000	3:05:50.9