

# Green Lakes Endurance Runs - 50K

Sunday August 30, 2009

Green Lakes State Park, Fayetteville, NY

106 Finishers( 68 Male, 38 Female )

Timed by YellowJacket Racing

Pos	Bib	Name	Gender	Class	Age	City	Race	Lap 1	Lap 2	Lap 3	Lap 4	Total	Pace
F18-39													
1	97	Cecilia Madariaga	F	F18-39	21	Old Field	50 km	0:59:16	1:00:12	1:02:36	1:06:04	4:08:08	08:00
2	195	Amy Lane	F	F18-39	30	Westfield	50 km	1:01:58	1:05:03	1:09:01	1:11:07	4:27:09	08:37
3	191	Kristin Althausen	F	F18-39	24	Middlesex	50 km	1:09:07	1:12:43	1:11:30	1:09:57	4:43:17	09:08
4	132	Theresa Soracco	F	F18-39	39	Newburyport	50 km	1:09:49	1:09:37	1:16:41	1:11:25	4:47:33	09:17
5	197	Natalie Kremer	F	F18-39	28	Rochester	50 km	1:09:50	1:10:40	1:13:17	1:15:42	4:49:28	09:20
6	139	Amy Mosca	F	F18-39	37	Newburyport	50 km	1:10:29	1:11:34	1:17:26	1:29:50	5:09:19	09:59
7	133	Jo Chaffin	F	F18-39	39	manlius	50 km	1:14:15	1:16:21	1:19:48	1:26:31	5:16:54	10:13
8	161	Heather Danielson	F	F18-39	34	Rochester	50 km	1:16:42	1:20:36	1:24:48	1:21:42	5:23:48	10:27
9	117	Katie Aman	F	F18-39	37	Baltimore	50 km	1:14:55	1:18:51	1:25:05	1:25:57	5:24:47	10:29
10	151	Christine Reynolds	F	F18-39	39	Newfield	50 km	1:13:35	1:23:13	1:28:19	1:30:56	5:36:03	10:50
11	94	Erin Osetek	F	F18-39	27	Statesville	50 km	1:21:57	1:23:30	1:26:24	1:30:40	5:42:32	11:03
12	141	Sarah McGrath	F	F18-39	31	Syracuse	50 km	1:25:12	1:26:55	1:29:16	1:28:51	5:50:14	11:18
13	181	Emily Trespas	F	F18-39	38	Andover	50 km	1:31:39	1:34:22	1:37:03	1:38:41	6:21:44	12:19
14	99	Shelley Viggiano	F	F18-39	29	Rochester	50 km	1:28:18	1:34:23	1:55:20	1:47:13	6:45:14	13:04
15	171	Katherine Fleming	F	F18-39	38	Brockport	50 km	1:33:45	1:34:20	1:45:53	1:52:38	6:46:36	13:07
16	198	Christine Stevens	F	F18-39	31	Newark	50 km	1:25:55	1:34:35	1:48:29	2:03:56	6:52:55	13:19
17	109	Julie Holder	F	F18-39	39	Fayetteville	50 km	1:39:49	2:12:02	2:11:42	2:18:09	8:21:43	16:11
18	112	Marilyn Penoyer	F	F18-39	38	Manlius	50 km	1:39:54	2:12:05	2:11:34	2:18:10	8:21:43	16:11
19	110	Jean Skeels	F	F18-39	37	Manlius	50 km	1:37:14	2:06:55	2:30:43	2:06:51	8:21:43	16:11
20	108	Katie Moses	F	F18-39	32	Manlius	50 km	1:39:53	2:12:05	2:11:34	2:18:10	8:21:43	16:11
F40-49													
1	192	Diana Widdowson	F	F40-49	43	Conestoga	50 km	1:08:20	1:10:32	1:14:43	1:15:50	4:49:24	09:20
2	83	Tamara Loos	F	F40-49	42	Freeville	50 km	1:13:08	1:12:41	1:14:35	1:17:22	4:57:45	09:36
3	177	Dee Miller	F	F40-49	43	Conestoga	50 km	1:07:28	1:13:57	1:31:53	1:23:41	5:16:59	10:14
4	174	Kimberly Boner	F	F40-49	41	Mount Vernon	50 km	1:11:50	1:15:58	1:24:59	1:25:16	5:18:03	10:16
5	167	Theresa Palmieri	F	F40-49	46	Buffalo	50 km	1:13:23	1:16:47	1:22:56	1:32:19	5:25:25	10:30
6	190	Lorrie Tily	F	F40-49	48	Locke	50 km	1:14:13	1:16:22	1:31:35	1:37:07	5:39:17	10:57

7	189	Donna Ornosky	F	F40-49	47	Birdsboro	50 km	1:22:47	1:24:41	1:25:20	1:31:58	5:44:46	11:07
8	131	Jill Stolins Mallory	F	F40-49	42	Chelsea	50 km	1:20:30	1:22:05	1:27:08	1:40:31	5:50:14	11:18
9	164	Kimberly Rapp	F	F40-49	44	Macedon	50 km	1:24:57	1:26:45	1:31:45	1:35:26	5:58:53	11:35
10	118	Brenda Morris	F	F40-49	43	Worcester	50 km	1:18:32	1:29:50	1:39:14	1:43:37	6:11:13	11:58
11	114	Kathleen Rocker	F	F40-49	44	Metuchen	50 km	1:21:00	1:29:49	1:42:08	2:00:48	6:33:44	12:42
12	165	Lisa Jacques	F	F40-49	44	East Syracuse	50 km	1:16:59	1:33:07	2:10:13	2:20:53	7:21:12	14:14
13	102	Deborah Wood	F	F40-49	49	Syracuse	50 km	1:51:07	1:54:11	2:00:07	2:14:42	8:00:08	15:29
14	111	Beth Bidstrup	F	F40-49	46	Manlius	50 km	1:39:51	2:11:49	2:09:22	2:20:40	8:21:43	16:11
15	104	Debra Mimaroglu	F	F40-49	46	Jamesville	50 km	1:37:13	2:06:57	2:30:41	2:06:51	8:21:43	16:11
16	90	Angela Ivory	F	F40-49	41	Nashville	50 km	1:57:55	2:18:05	2:17:40	2:19:33	8:53:13	17:12

F50+

1	120	Barbara Sorrell	F	F50+	52	Delmar	50 km	1:30:22	1:35:53	1:35:19	1:40:40	6:22:13	12:20
2	134	Christiane Gardner	F	F50+	50	Kansas City	50 km	2:03:54	2:22:15	2:27:57	2:21:15	9:15:20	17:55
3	138	Rachele Racicot	F	F50+	50	Gatineau	50 km	1:20:59	1:32:46	1:39:10			

M18-39

1	160	Phil Reutlinger	M	M18-39	30	Old Lyme	50 km	0:54:04	0:52:49	0:51:34	0:54:40	3:33:07	06:52
2	194	Brian Rusiecki	M	M18-39	30	Leeds	50 km	0:54:43	0:55:51	0:57:14	0:57:20	3:45:08	07:16
3	135	Bobby Cameron	M	M18-39	37	Shirley	50 km	0:56:38	1:02:11	1:02:10	1:09:44	4:10:43	08:05
4	182	Brad Reed	M	M18-39	25	East Longmeadow	50 km	0:56:30	0:59:52	1:04:25	1:11:04	4:11:51	08:07
5	156	Jonathan Dickens	M	M18-39	35	Cicero	50 km	1:00:12	1:00:19	1:02:21	1:17:32	4:20:24	08:24
6	168	Mark Thompson	M	M18-39	38	Ithaca	50 km	1:00:33	1:03:46	1:06:24	1:09:58	4:20:41	08:25
7	153	Matt DeGroat	M	M18-39	33	Cicero	50 km	1:04:14	1:05:38	1:14:08	1:23:00	4:47:00	09:15
8	143	Steven Kieb	M	M18-39	39	Manlius	50 km	1:06:56	1:12:54	1:17:10	1:19:55	4:56:55	09:35
9	187	Javier Martinez	M	M18-39	38	Baldwinsville	50 km	1:00:33	1:01:19	1:15:36	1:47:43	5:05:11	09:51
10	92	Eric Lovenduski	M	M18-39	33	Saratoga Springs	50 km	1:10:20	1:11:20	1:16:43	1:29:52	5:08:15	09:57
11	129	Keith Halpern	M	M18-39	39	Upper Montclair	50 km	1:07:40	1:11:39	1:20:22	1:34:00	5:13:40	10:07
12	95	Dave Kwiatkowski	M	M18-39	32	Castorland	50 km	1:14:01	1:14:05	1:24:27	1:34:27	5:26:59	10:33
13	154	Eric Haslam	M	M18-39	36	Syracuse	50 km	1:16:57	1:20:45	1:21:29	1:28:11	5:27:23	10:34
14	86	Shane Pettit	M	M18-39	34	Monroe	50 km	1:08:52	1:14:44	1:35:17	1:33:49	5:32:41	10:44
15	116	Anthony Netto	M	M18-39	28	Watertown	50 km	1:11:42	1:16:43	1:26:50	1:38:48	5:34:03	10:47
16	105	Ryan Schiff	M	M18-39	36	Malden	50 km	1:10:05	1:18:57	1:26:01	1:39:00	5:34:03	10:47
17	125	Benjamin Clardy	M	M18-39	38	Dewitt	50 km	1:14:54	1:18:47	1:34:10	1:46:02	5:53:53	11:25
18	200	Seth Ambruso	M	M18-39	29	Brookfield	50 km	1:24:29	1:28:38	1:30:00	1:36:24	5:59:31	11:36
19	127	Jim Lampman	M	M18-39	26	Cato	50 km	1:06:01	1:20:29	1:54:39	1:40:09	6:01:18	11:39

20	130	Ali Rizvi	M	M18-39	34	Matawan	50 km	1:08:51	1:25:12	1:43:01	1:46:54	6:03:58	11:44
21	113	James Viggiano	M	M18-39	31	Rochester	50 km	1:21:49	1:21:48	1:35:07	1:53:46	6:12:30	12:01
22	169	Pete Johnson	M	M18-39	22	Glen Burnie	50 km	1:25:48	1:34:42	1:48:29	2:03:57	6:52:55	13:19
23	166	Steven Mussi	M	M18-39	38	East Syracuse	50 km	1:13:26	1:21:07	2:25:46	2:20:53	7:21:12	14:14
24	178	Alexander Bliss	M	M18-39	21	Rochester	50 km	1:34:56	1:49:00	2:28:12	2:21:08	8:13:16	15:55
25	179	Andrew Bliss	M	M18-39	20	Fredericksburg	50 km	1:35:20	2:05:16	2:26:20	2:31:10	8:38:06	16:43
26	159	Andy Clark	M	M18-39	29	Whitesboro	50 km	1:38:43	2:08:27	3:06:52	2:44:17	9:38:19	18:39

#### M40-49

1	173	Paul Young	M	M40-49	44	North Andover	50 km	0:55:45	0:57:49	1:00:56	1:04:02	3:58:32	07:42
2	175	Scott Ennis	M	M40-49	43	Manlius	50 km	0:58:24	0:56:58	1:02:39	1:10:07	4:08:08	08:00
3	162	Scott OConnor	M	M40-49	41	Fonthill	50 km	1:01:31	1:02:24	1:04:47	1:12:06	4:20:48	08:25
4	158	Daniel Pierson	M	M40-49	40	Oriskany	50 km	1:05:00	1:06:36	1:08:28	1:10:13	4:30:17	08:43
5	137	Jose Suarez	M	M40-49	47	Fairfield	50 km	1:07:00	1:08:46	1:08:48	1:09:48	4:34:21	08:51
6	98	Jim Owens	M	M40-49	46	Clinton	50 km	1:10:14	1:10:27	1:11:12	1:20:06	4:51:59	09:25
7	145	Christopher Dunne	M	M40-49	48	Albany	50 km	1:10:44	1:16:22	1:18:23	1:21:36	5:07:06	09:54
8	144	Douglas Prindle	M	M40-49	48	Fairport	50 km	1:13:02	1:17:10	1:12:26	1:27:53	5:10:30	10:01
9	157	Steve Chaffee	M	M40-49	45	Scio	50 km	1:09:04	1:12:13	1:19:15	1:32:48	5:13:19	10:06
10	88	Bret Kinsella	M	M40-49	40	Leesburg	50 km	1:14:00	1:18:01	1:19:44	1:21:43	5:13:27	10:07
11	172	Dan Korff	M	M40-49	43	Clifton Park	50 km	1:21:05	1:18:17	1:22:53	1:21:57	5:24:12	10:27
12	170	Ed Helfrick	M	M40-49	45	Elysburg	50 km	1:21:13	1:16:11	1:21:23	1:31:26	5:30:13	10:39
13	148	Dave Groff	M	M40-49	47	Erieville	50 km	1:14:54	1:20:25	1:34:54	1:34:33	5:44:47	11:07
14	176	Mark Hendley	M	M40-49	42	Binghamton	50 km	1:25:37	1:29:07	1:29:33	1:24:18	5:48:35	11:15
15	119	Carmen Gumina	M	M40-49	44	Webster	50 km	1:14:53	1:18:00	1:37:18	1:41:18	5:51:28	11:20
16	186	Dennis Stadelman	M	M40-49	48	Cicero	50 km	1:18:34	1:23:58	1:34:09	1:39:34	5:56:16	11:30
17	193	Vincent Perry	M	M40-49	43	Manlius	50 km	1:14:54	1:21:21	1:31:28	1:58:10	6:05:53	11:48
18	152	Ross Davison	M	M40-49	47	Louisville	50 km	1:36:27	1:47:16	2:01:20	2:01:29	7:26:32	14:24

#### M50+

1	155	Ed Housel	M	M50+	50	Rochester	50 km	0:58:05	0:59:49	1:03:11	1:03:39	4:04:44	07:54
2	196	Richard Kruse	M	M50+	55	Newark	50 km	1:09:54	1:08:26	1:07:04	1:09:28	4:34:53	08:52
3	101	Bruce Palmer	M	M50+	51	Rome	50 km	1:10:15	1:10:54	1:11:17	1:19:34	4:51:59	09:25
4	93	Peter Cure	M	M50+	50	Altamont	50 km	1:10:14	1:15:02	1:19:47	1:23:03	5:08:06	09:56
5	123	James Miner	M	M50+	60	Dryden	50 km	1:14:36	1:17:46	1:21:52	1:16:42	5:10:56	10:02
6	149	Patrick Riccardi	M	M50+	59	syracuse	50 km	1:15:47	1:18:15	1:22:17	1:25:54	5:22:13	10:24
7	126	Mack Duett	M	M50+	53	Manlius	50 km	1:03:52	1:08:42	1:28:33	1:41:36	5:22:43	10:25

8	122	Marc Quilty	M	M50+	60	syracuse	50 km	1:15:51	1:17:27	1:24:41	1:40:38	5:38:37	10:55
9	124	Dan Scotina	M	M50+	54	Saugus	50 km	1:24:30	1:22:53	1:22:49	1:31:25	5:41:37	11:01
10	103	Dave Weiss	M	M50+	60	Corning	50 km	1:19:52	1:25:34	1:27:22	1:30:57	5:43:46	11:05
11	199	Richard ONeil	M	M50+	61	Fayetteville	50 km	1:20:21	1:25:24	1:33:50	1:40:22	5:59:58	11:37
12	128	Chris Read	M	M50+	57	Baldwinsville	50 km	1:23:04	1:25:18	1:34:01	1:42:59	6:05:23	11:47
13	188	Michael Tobin	M	M50+	52	Staten Island	50 km	1:31:04	1:40:23	1:37:15	1:39:06	6:27:49	12:31
14	115	Chris Lehman	M	M50+	59	Somerset	50 km	1:24:41	1:24:34	1:43:42	2:00:52	6:33:49	12:42
15	163	Mark Sheremeta	M	M50+	53	Manlius	50 km	1:23:47	1:24:26	1:43:07	2:10:54	6:42:14	12:59
16	185	Roger Nieth	M	M50+	51	Lockport	50 km	1:30:44	1:37:21	1:45:54	1:52:38	6:46:36	13:07
17	85	Joseph Bello	M	M50+	64	Rochester	50 km	1:29:28	1:32:21	1:49:57	1:57:45	6:49:31	13:13
18	146	Allen Ripke	M	M50+	57	Syracuse	50 km	1:24:27	1:33:29	1:51:38	2:09:04	6:58:39	13:30
19	96	James Simpson	M	M50+	67	Huntington Beach	50 km	1:29:10	1:31:46	2:03:25	2:16:46	7:21:08	14:14
20	142	Thomas Constantine	M	M50+	58	Amsterdam	50 km	1:35:07	1:50:56	1:59:37	2:16:28	7:42:08	14:54
21	180	Foster Bliss	M	M50+	53	Fredericksburg	50 km	1:35:02	2:05:15	2:25:25	2:32:24	8:38:06	16:43
22	136	Eugene Bruckert	M	M50+	74	Arlington Heights	50 km	2:05:44	2:17:27	2:22:31	2:26:33	9:12:14	17:49
23	121	Greg Taylor	M	M50+	62	Delmar	50 km	2:05:43	2:15:38	2:23:11	2:27:42	9:12:14	17:49
24	140	Andrew Colee	M	M50+	63	Valparaiso	50 km	1:52:52	2:11:27	2:20:40	2:57:10	9:22:08	18:08
25	106	Mark Monachino	M	M50+	50	Macedon	50 km	1:13:00	1:16:20	1:38:16			