

FLASHLIGHT 5K

5K

RESULTS

09/30/2017



Crandall Park
Adirondack Race Management

OA

PLC	BIB	PLC	CLS	NAME	AGE/LOCATION/TEAM	TIME	BEHIND	PACE
OVERALL FEMALE								
1	300	6	OF	SMITH, CONNIE	49	:24:14.8	: 0.0	7:49
OVERALL MALE								
1	291	1	OM	PIESNILCOLSIE, STEPHEN	20	:19:49.7	: 0.0	6:23
FEMALE 1-9								
1	292	66	F-1	JOHNSTON, LAYLA	8	:38:51.5	: 0.0	12:32
2	393	91	F-1	FRONHOFER, SHELBY	7	:50:25.2	11:33.7	16:15
MALE 1-9								
1	367	14	M-1	NAATZ, KURTIS	9 QUEENSBURY NY	:27:30.9	: 0.0	8:52
2	287	32	M-1	PORTER, CAMERON	9	:30:18.2	2:47.3	9:46
3	280	60	M-1	OKEEFE, GRANT	8	:38:47.4	11:16.5	12:30
4	392	79	M-1	FRONHOFER, MAX	7	:41:04.4	13:33.5	13:14
FEMALE 10-14								
1	394	10	F-2	AVERY, CLARA	12	:26:42.5	: 0.0	8:36
2	278	11	F-2	RATH, MIA	11	:26:55.2	:12.7	8:41
3	274	19	F-2	YOUNG, VICTORIA	12	:27:48.9	1:06.4	8:58
4	275	20	F-2	HOGAN, TESSA	12	:27:49.8	1:07.3	8:58
5	358	26	F-2	LIEBERTH, CAROLINE	11 GLENS FALLS NY	:29:25.1	2:42.6	9:29
6	397	43	F-2	CAPROOD, EMMA	14	:33:14.2	6:31.7	10:43
7	399	58	F-2	TENNYSON, VALERIE	11	:38:46.0	12:03.5	12:30
8	328	59	F-2	BEAROR, MCKENNA	11 QUEENSBURY NY	:38:46.9	12:04.4	12:30
9	327	65	F-2	BEAROR, ANNA	13 QUEENSBURY NY	:38:51.0	12:08.5	12:31
10	398	70	F-2	CROSSMAN, HAZEL	12	:39:04.4	12:21.9	12:36
11	390	72	F-2	WALKER, RYLAN	10 SARATOGA SPRINGS N	:39:24.0	12:41.5	12:42
12	293	84	F-2	JOHNSTON, MAYA	10	:44:18.0	17:35.5	14:17
MALE 10-14								
1	277	2	M-2	RATH, JACK	14	:20:56.9	: 0.0	6:45
2	376	17	M-2	REVELL, JACOB	12 SOUTH GLENS FALLS	:27:37.5	6:40.6	8:54
3	359	22	M-2	LIEBERTH, KATHERINE	12 GLENS FALLS NY	:28:26.3	7:29.4	9:10
4	366	37	M-2	NAATZ, KAYDEN	11 QUEENSBURY NY	:32:16.8	11:19.9	10:24
5	323	46	M-2	ALEVA, ALEC	11 GLENS FALLS NY	:33:56.0	12:59.1	10:56
6	371	51	M-2	OSAKOWICZ, DOMINIC	11 SOUTH GLENS FALLS	:35:02.1	14:05.2	11:18
7	282	62	M-2	SNOW, SEAMUS	14	:38:48.4	17:51.5	12:31
8	288	63	M-2	WALTON, DAVID	13	:38:49.3	17:52.4	12:31
9	290	64	M-2	FORD, AIDAN	14	:38:50.3	17:53.4	12:31
10	285	92	M-2	CAIMANO, ROSS	14	:53:08.7	32:11.8	17:08
FEMALE 15-19								
1	298	9	F-3	SLIMMER, BRIANNA	15	:26:32.3	: 0.0	8:33
2	347	18	F-3	HOUSER, ALEXIS	16 JOHNSTOWN NY	:27:45.5	1:13.2	8:57



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FEMALE 15-19								
3	396	45	F-3	CAPROOD, ISABEL	17	:33:31.3	6:59.0	10:48
4	283	67	F-3	SWAN-SCOTT, WILLOW	16	:38:52.3	12:20.0	12:32
MALE 15-19								
1	299	5	M-3	SLIMMER, JERRY	18	:24:07.4	: 0.0	7:46
2	365	16	M-3	MUSSEN, BRYCE	16 SOUTH GLENS FALLS	:27:33.0	3:25.6	8:53
3	355	44	M-3	LAPANN, RYAN	15 QUEENSBURY NY	:33:14.9	9:07.5	10:43
4	329	61	M-3	BEAROR, THEODORE	15 QUEENSBURY NY	:38:47.9	14:40.5	12:30
FEMALE 20-29								
1	379	23	F-4	SERY, ABI	24 QUEENSBURY NY	:28:39.3	: 0.0	9:14
2	357	27	F-4	LEWIS, KATIE	28 NORTH CREEK NY	:29:38.4	:59.1	9:33
3	388	31	F-4	TRACY, JESSICA	28 QUEENSBURY NY	:30:15.1	1:35.8	9:45
4	381	34	F-4	SMITH, EMILY	24 GLENS FALLS NY	:31:12.6	2:33.3	10:04
5	391	35	F-4	WALKER, TAYLOR	26 SOUTH GLENS FALLS	:31:13.7	2:34.4	10:04
6	341	49	F-4	FLEWELLING, JADE	30 HUDSON FALLS NY	:34:32.1	5:52.8	11:08
7	336	74	F-4	COOK, CAITLIN	28 GLENS FALLS NY	:40:03.3	11:24.0	12:55
MALE 20-29								
1	325	4	M-4	AUFFREDOU, GREGORY	24 QUEENSBURY NY	:23:45.8	: 0.0	7:39
2	389	41	M-4	TRACY, MICHAEL	29 QUEENSBURY NY	:32:50.8	9:05.0	10:35
FEMALE 30-39								
1	356	48	F-5	LAVIN, JESSICA	37 GRANVILLE NY	:34:14.3	: 0.0	11:02
2	350	53	F-5	KILLENBERGER, MEGAN	31 HOOSICK FALLS NY	:35:29.6	1:15.3	11:26
3	344	69	F-5	HADDEN, MICHELLE	40 GANSEVOORT NY	:38:54.3	4:40.0	12:33
4	332	76	F-5	BROWN, COLBY	31 LAKE GEORGE NY	:40:07.7	5:53.4	12:56
5	294	85	F-5	JOHNSTON, BROOKE	39	:44:19.8	10:05.5	14:18
MALE 30-39								
1	289	8	M-5	RIPLEY, BART	38	:25:25.9	: 0.0	8:12
2	338	24	M-5	DEMERS, DAVID	33 ALEXANDRIA VA	:28:51.6	3:25.7	9:18
3	349	33	M-5	KILLENBERGER, JEFFREY	32 HOOSICK FALLS NY	:30:34.2	5:08.3	9:51
FEMALE 40-49								
1	351	12	F-6	LABOMBARD, JANE	44 GLENS FALLS NY	:27:01.0	: 0.0	8:42
2	333	28	F-6	CHRISTIE, MICHELLE	44 GLENS FALLS NY	:29:39.7	2:38.7	9:34
3	375	36	F-6	REED, MELISSA	41 QUEENSBURY NY	:32:13.0	5:12.0	10:23
4	370	39	F-6	OLMSTEAD, KRISTIN	46 HUDSON FALLS NY	:32:25.4	5:24.4	10:27
5	334	40	F-6	CILAURO, LORRAINE	48 GLENS FALLS NY	:32:33.1	5:32.1	10:30
6	324	47	F-6	ALEVA, MICHELLE	42 GLENS FALLS NY	:33:57.4	6:56.4	10:57
7	364	50	F-6	MURRAY, TINA	44 QUEENSBURY NY	:34:36.8	7:35.8	11:09
8	383	54	F-6	ST JOHN, ELIZABETH	42 HUDSON FALLS NY	:35:31.1	8:30.1	11:27
9	369	68	F-6	CONNELL, LIZZY	45 HUDSON FALLS NY	:38:53.1	11:52.1	12:32



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FEMALE 40-49								
10	400	86	F-6	TENNYSON, BRANDY	44	:44:24.1	17:23.1	14:19
11	362	87	F-6	MOSES, PAIGE	48 GLENS FALLS NY	:46:01.4	19:00.4	14:50
12	326	88	F-6	BAGNESCHI, MARIA	45 TICONDEROGA NY	:47:59.9	20:58.9	15:29
MALE 40-49								
1	276	15	M-6	PISANI, BEN	42	:27:32.7	: 0.0	8:53
2	363	25	M-6	MURRAY, ADAM	44 QUEENSBURY NY	:29:13.0	1:40.3	9:25
3	374	38	M-6	RAIMO, GENO	42 HUDSON FALLS NY	:32:23.1	4:50.4	10:26
4	281	71	M-6	OKEEFE, PATRICK	41	:39:14.8	11:42.1	12:39
5	337	75	M-6	COOK, JOHN	49 GLENS FALLS NY	:40:04.7	12:32.0	12:55
6	361	89	M-6	LIEBERTH, MICHAEL	49 GLENS FALLS NY	:48:07.9	20:35.2	15:31
FEMALE 50-59								
1	295	7	F-7	KEELY, SUSAN	52	:25:10.9	: 0.0	8:07
2	297	78	F-7	PIESNIKSUSKI, LYNN	58	:40:14.5	15:03.6	12:58
3	330	81	F-7	BISHOP, MAUREEN	50 GRANVILLE NY	:41:28.9	16:18.0	13:22
4	352	82	F-7	LAFOUNTAIN, BARBARA	51 FORT EDWARD NY	:42:41.8	17:30.9	13:46
5	335	93	F-7	COMSTOCK, TRUDDIE	56 QUEENSBURY NY	:59:44.7	34:33.8	19:16
6	279	94	F-7	HALL-BROWN, IRIS	57	:59:45.8	34:34.9	19:16
MALE 50-59								
1	354	3	M-7	LAMANDO, NICK	59 QUEENSBURY NY	:23:33.3	: 0.0	7:35
2	286	30	M-7	LASHWAY, KEITH	51	:30:11.9	6:38.6	9:44
3	331	42	M-7	BISHOP, WALTER	54 GRANVILLE NY	:32:53.0	9:19.7	10:36
4	436	52	M-7	SAX, STEVEN	55	:35:19.9	11:46.6	11:23
5	346	55	M-7	HOBBS, GARY	58 GLENS FALLS NY	:36:48.0	13:14.7	11:52
6	296	73	M-7	DECKER, MARK	52	:39:32.1	15:58.8	12:45
7	353	83	M-7	LAFOUNTAIN, ROBERT	52 FORT EDWARD NY	:42:45.3	19:12.0	13:47
8	339	95	M-7	DENINO, ROCKY	53 GLENS FALLS NY	:59:46.9	36:13.6	19:17
FEMALE 60-69								
1	342	56	F-8	GARZONE, CATHY	66 QUEENSBURY NY	:38:37.7	: 0.0	12:27
2	384	57	F-8	STONE, MICHELLE	63 QUEENSBURY NY	:38:44.6	: 6.9	12:29
3	348	77	F-8	JONES, MARGARET	62 KATTSKILL BAY NY	:40:11.0	1:33.3	12:57
4	373	80	F-8	PIERCE, SUE	63 HUDSON FALLS NY	:41:11.9	2:34.2	13:17
5	380	90	F-8	SINCLAIR, ZEE	66 QUEENSBURY NY	:49:39.8	11:02.1	16:01
MALE 60-69								
1	377	13	M-8	ROZELL, MICHAEL	60 QUEENSBURY NY	:27:29.2	: 0.0	8:52
2	435	21	M-8	SCHACHNER, MARK	62	:27:53.5	:24.3	8:59
MALE 70-79								
1	340	29	M-9	ELDER, WILLIAM	74 GANSEVOORT NY	:29:49.0	: 0.0	9:37



