

Get your Rear in Gear 5K Glens Falls

Age Group Awards

Place	Bib	Name	State	City	Age	Club	GunTime	Pace
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5K

Female 1-19

1.	1560	Lyons, Emily			14		40:08.0	12:55 / mi
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Female 20-39

1.	1517	DeChick, Shannon	NY	Queensbury	33		31:36.6	10:10 / mi
2.	1509	Caswell, Caitlin	NY	Lake pleasant	32	Judy's Nothing Butt Runs	35:13.2	11:20 / mi
3.	1563	Booras, Anna			29		52:04.9	16:45 / mi

Female 40-59

1.	1538	Perryman, Meghan	NY	Wevertown	44		33:17.7	10:42 / mi
2.	1562	O'Donnell, Michelle			51		34:12.3	11:00 / mi
3.	1544	Tougas, Cecelia	NY	Hudson Falls	50		36:06.1	11:37 / mi

Female 60-79

1.	1554	Zahn, Benita			69		43:21.3	13:57 / mi
2.	1518	DeSantis, Mary Ellen	NY	Queensbury	60	Glens Falls Hospital - GI	1:03:40.2	20:29 / mi
3.	1523	Hafele, Cathy	NY	Fort Amn	62		1:05:31.2	21:05 / mi

1.	1552	Sled, Andrew			80		42:50.5	13:47 / mi
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Male 20-39

1.	1516	DeChick, Mike	NY	Queensbury	34		29:20.7	9:26 / mi
2.	1511	Caswell, Nick	NY	Lake pleasant	31	Judy's Nothing Butt Runs	35:11.9	11:19 / mi
3.	1564	Gotlieb, Aaron			31		52:05.1	16:45 / mi

Male 40-59

1.	1514	coogan, Mike	NY	Albany	58	Glens Falls Hospital - GI	30:31.9	9:49 / mi
2.	1526	hildreth, Chad	NY	Glens falls	46		40:52.2	13:09 / mi
3.	1558	Lyons, David			52		46:14.3	14:52 / mi

Male 60-79

1.	1512	Caswell, Rick	NY	Belmont	64	Judy's Nothing Butt Runs	32:15.0	10:22 / mi
2.	1551	Round, Chris			62		32:52.4	10:34 / mi
3.	1524	Hancock, Paul	NY	Glens Falls	79		37:56.8	12:12 / mi