

2024 What the Ruck - KJQ Memorial Run



Top 3 Overall Gender Awards

Pla	Bib	Name	City	Stat	Age	AG	Club	GunTime	Pace
5K Run/Walk									
Female									
1.	1245	Toews, Samantha	Troy	NY	39	Female 30-39		19:59.1	6:26 / mi
2.	1160	Irwin, Kelsey	Schenectady	NY	34	Female 30-39		20:17.6	6:32 / mi
3.	1238	Stokoe, Ashlynn	Randolph	NJ	12	Female 19 and Under		21:06.9	6:48 / mi
Male									
1.	1155	Gabriel, Thomas	Niskayuna	NY	36	Male 30-39		14:27.9	4:39 / mi
2.	1235	Somerville, Todd	Saratoga	NY	34	Male 30-39		15:27.2	4:59 / mi
3.	1150	Foley, Clarke	Troy	NY	40	Male 40-49		15:46.9	5:05 / mi
1 Mile Walk									
Female									
1.	1165	Led Duke, Meghan	Slingerlands	NY	40	Female 40-49		20:33.8	20:33 / mi
2.	1164	Led Duke, Lulu	Slingerlands	NY	4	Female 19 and Under		20:38.4	20:38 / mi
3.	1251	Watroba, Michaela	Castleton On	NY	33	Female 30-39		21:10.6	21:10 / mi
Male									
1.	1259	Wood-Marshall, Dylan	Schenectady	NY	10	Male 19 and Under		14:59.1	14:59 / mi
2.	1258	Wood-Marshall, Benjamin	Schenectady	NY	12	Male 19 and Under		14:59.3	14:59 / mi
3.	1163	Led Duke, Lester	Slingerlands	NY	7	Male 19 and Under		15:59.1	15:59 / mi