

2024 What the Ruck - KJQ Memorial Run



Overall Results

Pla	Bib	Name	City	Sta	Age	Gen	AG	Club	GunTime	ChipTi	Pace
5K Run/Walk											
1.	1155	Gabriel, Thomas	Niskayuna	NY	36	M	Male 30-39		14:27.9	14:27.9	4:39 / mi
2.	1235	Somerville, Todd	Saratoga	NY	34	M	Male 30-39		15:27.2	15:27.2	4:59 / mi
3.	1150	Foley, Clarke	Troy	NY	40	M	Male 40-49		15:46.9	15:46.9	5:05 / mi
4.	1203	Passerelle, Zach	Sparta	NJ	32	M	Male 30-39		16:54.9	16:54.9	5:27 / mi
5.	1231	Scheid, Jeremy	Newton	NJ	35	M	Male 30-39		16:56.4	16:56.4	5:27 / mi
6.	1240	Stokoe, Connor	Randolph	NJ	18	M	Male 19 and		18:48.2	18:48.2	6:03 / mi
7.	1273	Frost, Isaac	Albany	NY	23	M	Male 20-29		19:13.1	19:13.1	6:11 / mi
8.	1270	Murphy, Kevin	Menands	NY	53	M	Male 50-59		19:17.1	19:17.1	6:13 / mi
9.	1229	Samson, Eric	Albany	NY	31	M	Male 30-39		19:18.0	19:18.0	6:13 / mi
10.	1263	Wilhelm, Edward	Saratoga	NY	24	M	Male 20-29		19:23.3	19:23.3	6:15 / mi
11.	1239	Stokoe, Brendan	Randolph	NJ	15	M	Male 19 and		19:35.0	19:35.0	6:19 / mi
12.	1181	Margelot, Jamie	East Nassau	NY	46	M	Male 40-49		19:36.4	19:36.4	6:19 / mi
13.	1245	Toews, Samantha	Troy	NY	39	F	Female 30-39		19:59.1	19:59.1	6:26 / mi
14.	1160	Irwin, Kelsey	Schenectady	NY	34	F	Female 30-39		20:17.6	20:17.6	6:32 / mi
15.	1161	Irwin, Timothy	Boston	MA	36	M	Male 30-39		20:18.0	20:18.0	6:32 / mi
16.	1127	Chaskey, Liam	Saratoga	NY	26	M	Male 20-29		20:35.9	20:35.9	6:38 / mi
17.	1233	Smith, Darien	NISKAYUNA	NY	30	M	Male 30-39		20:49.1	20:49.1	6:42 / mi
18.	1238	Stokoe, Ashlynn	Randolph	NJ	12	F	Female 19 and		21:06.9	21:06.9	6:48 / mi
19.	1124	Case, Eamon	LathamLatha	NY	34	M	Male 30-39		21:08.0	21:08.0	6:49 / mi
20.	1205	poletto, Marisa	Bethany	CT	35	F	Female 30-39		21:09.9	21:09.9	6:49 / mi
21.	1202	Passerelle, Alicia	Sparta	NJ	32	F	Female 30-39		21:25.8	21:25.8	6:54 / mi
22.	1266	Lynch, John	Altamont	NY	22	M	Male 20-29		21:27.9	21:27.9	6:55 / mi
23.	1144	Feeney, Kiern	Schenectady	NY	22	M	Male 20-29		21:39.4	21:39.4	6:59 / mi
24.	1248	Walling, Michael	San Francisco	CA	33	M	Male 30-39		21:58.2	21:58.2	7:05 / mi
25.	1152	Frawley, Brendan	Jersey City	NJ	32	M	Male 30-39		21:58.4	21:58.4	7:05 / mi
26.	1111	Bushey, Andrew	Latham	NY	32	M	Male 30-39		22:03.3	22:03.3	7:06 / mi
27.	1125	CHASKEY,	Saratoga	NY	34	M	Male 30-39		22:03.7	22:03.7	7:06 / mi
28.	1249	Walsh, Gregory	Albany	NY	35	M	Male 30-39		22:03.8	22:03.8	7:07 / mi
29.	1213	Quinn, Patrick	Jersey City	NJ	40	M	Male 40-49		22:06.6	22:06.6	7:07 / mi
30.	1137	Deloughery,	Feura Bush	NY	51	M	Male 50-59		22:30.9	22:30.9	7:15 / mi
31.	1277	Scheurer, Michael	Cranford	NJ	21	M	Male 20-29		22:41.4	22:41.4	7:19 / mi
32.	1135	Daley, Timothy	Cohoes	NY	38	M	Male 30-39		22:57.7	22:57.7	7:24 / mi
33.	1147	Figliomeni,	Milford	NY	33	M	Male 30-39		23:02.7	23:02.7	7:26 / mi
34.	1131	Collins, Katie	Schenectady	NY	34	F	Female 30-39		23:05.7	23:05.7	7:26 / mi
35.	1185	McGovern, Jill	Hoboken	NJ	31	F	Female 30-39		23:07.7	23:07.7	7:27 / mi
36.	1159	Hillenbrandt,	Schenectady	NY	23	F	Female 20-29		23:35.6	23:35.6	7:36 / mi
37.	1158	Hillenbrandt, John	Schenectady	NY	55	M	Male 50-59		23:35.8	23:35.8	7:36 / mi
38.	1107	Becker, Sean	Albany	NY	37	M	Male 30-39		23:59.4	23:59.4	7:44 / mi
39.	1208	Psyllos, Marco	Commack	NY	20	M	Male 20-29		24:10.2	24:10.2	7:47 / mi
40.	1196	O'Gorman, Anne	Boonton	NJ	35	F	Female 30-39		24:12.6	24:12.6	7:48 / mi
41.	1141	Desmond, Mark	Hoboken	NJ	32	M	Male 30-39		24:26.3	24:26.3	7:52 / mi
42.	1197	O'Gorman, Katie	Boonton	NJ	36	F	Female 30-39		24:50.5	24:50.5	8:00 / mi
43.	1157	Hillenbrandt,	Schenectady	NY	51	F	Female 50-59		24:51.9	24:51.9	8:01 / mi
44.	1264	Chaskey, Skip	Plattsburg	NY	67	M	Male 60-69		25:04.7	25:04.7	8:05 / mi
45.	1116	Carozza, Todd	Saratoga	NY	53	M	Male 50-59		25:17.1	25:17.1	8:09 / mi
46.	1128	Chobot, F	Albany	NY	54	M	Male 50-59		25:21.2	25:21.2	8:10 / mi
47.	1129	Chobot,	Albany	NY	48	F	Female 40-49		25:22.1	25:22.1	8:10 / mi

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48.	1194	Moriello, Raffaele	Bethany	CT	65	M	Male 60-69		25:48.5	25:48.5	8:19 / mi
49.	1243	Thapa, Kaley	Schenectady	NY	29	F	Female 20-29		26:39.1	26:39.1	8:35 / mi
50.	1126	CHASKEY, ERIN	Plattsburghlatt	NY	66	F	Female 60-69		26:50.7	26:50.7	8:39 / mi
51.	1232	Senft, Jessica	Schenectady	NY	27	F	Female 20-29		27:50.1	27:50.1	8:58 / mi
52.	1180	Many, Daniel	New Windsor	NY	32	M	Male 30-39		28:15.9	28:15.9	9:07 / mi
53.	1218	Rienzi, Victoria	Brewster	NY	24	F	Female 20-29		28:52.0	28:52.0	9:18 / mi
54.	1162	Kimball, Angela	Schenectady	NY	37	F	Female 30-39		28:53.9	28:53.9	9:19 / mi
55.	1184	McAulay,	Schenectady	NY	36	F	Female 30-39		31:31.2	31:31.2	10:10 / mi
56.	1188	Melendez, Luis	Schenectady	NY	27	M	Male 20-29		31:31.7	31:31.7	10:10 / mi
57.	1278	Avila, Cristian	Rigefield	NJ	19	M	Male 19 and		32:16.1	32:16.1	10:24 / mi
58.	1189	Miles, John	Rutland	VT	21	M	Male 20-29		32:16.3	32:16.3	10:24 / mi
59.	1224	Ryzner, Christina	Albany	NY	38	F	Female 30-39		32:17.1	32:17.1	10:24 / mi
60.	1219	Romano, Chris	Lumberton	NJ	31	M	Male 30-39		33:36.5	33:36.5	10:50 / mi
61.	1115	Calabrese, Matt	Philadelphia	PA	38	M	Male 30-39		34:29.8	34:29.8	11:07 / mi
62.	1187	Medina, Jeremy	Sparta	NJ	32	M	Male 30-39		34:38.5	34:38.5	11:10 / mi
63.	1276	Brundle, Alex	Rhinebeck	NY	21	M	Male 20-29		36:44.7	36:44.7	11:51 / mi
64.	1275	Capetanatis, John	Brooklyn	NY	22	M	Male 20-29		36:44.8	36:44.8	11:51 / mi
65.	1274	Hartley, Brian	Waterford	NY	21	M	Male 20-29		36:45.1	36:45.1	11:51 / mi
66.	1228	Sabol, Allison	Troy	NY	46	F	Female 40-49		39:32.8	39:32.8	12:45 / mi
67.	1252	Weaver, Maria	Schenectady	NY	41	F	Female 40-49		39:33.1	39:33.1	12:45 / mi
68.	1265	Shaver, Gabby	Schenectady	NY	53	F	Female 50-59		39:35.6	39:35.6	12:46 / mi

1 Mile Walk

1.	1259	Wood-Marshall,	Schenectady	NY	10	M	Male 19 and		14:59.1	14:59.1	14:59 / mi
2.	1258	Wood-Marshall,	Schenectady	NY	12	M	Male 19 and		14:59.3	14:59.3	14:59 / mi
3.	1163	Led Duke, Lester	Slingerlands	NY	7	M	Male 19 and		15:59.1	15:59.1	15:59 / mi
4.	1165	Led Duke,	Slingerlands	NY	40	F	Female 40-49		20:33.8	20:33.8	20:33 / mi
5.	1269	Debole, George	Loudonville	NY	8	M	Male 19 and		20:37.0	20:37.0	20:36 / mi
6.	1164	Led Duke, Lulu	Slingerlands	NY	4	F	Female 19 and		20:38.4	20:38.4	20:38 / mi
7.	1250	Watroba, Joseph	Castleton On	NY	33	M	Male 30-39		21:10.1	21:10.1	21:10 / mi
8.	1251	Watroba,	Castleton On	NY	33	F	Female 30-39		21:10.6	21:10.6	21:10 / mi
9.	1192	Morgan, Liz	Albany	NY	49	F	Female 40-49		23:14.0	23:14.0	23:13 / mi
10.	1193	Morgan, Tom	Albany	NY	52	M	Male 50-59		23:16.3	23:16.3	23:16 / mi
11.	1142	DiBernardo, Julia	Albany	NY	33	F	Female 30-39		23:58.3	23:58.3	23:58 / mi
12.	1153	Frawley, Molly	Jersey City	NJ	32	F	Female 30-39		23:58.9	23:58.9	23:58 / mi
13.	1113	Bushey, Lisa	Latham	NY	33	F	Female 30-39		24:00.0	24:00.0	23:59 / mi
14.	1112	Bushey, Emerson	Latham	NY	1	M	Male 19 and		24:00.2	24:00.2	24:00 / mi
15.	1108	Berg, Chelsea	Glenville	NY	31	F	Female 30-39		24:00.5	24:00.5	24:00 / mi
16.	1145	Figliomeni,	Milford	NY	1	F	Female 19 and		24:00.9	24:00.9	24:00 / mi
17.	1146	Figliomeni,	Milford	NY	31	F	Female 30-39		24:01.4	24:01.4	24:01 / mi
18.	1190	Millard, Jordan	Glenville	NY	28	M	Male 20-29		24:03.2	24:03.2	24:03 / mi
19.	1105	ARMSTRONG,	scotia	NY	47	F	Female 40-49		24:04.3	24:04.3	24:04 / mi
20.	1106	ARMSTRONG,	SCOTIA	NY	11	M	Male 19 and		24:07.5	24:07.5	24:07 / mi
21.	1149	Fluegge, Calvin	Rensselaer	NY	22	M	Male 20-29		24:11.7	24:11.7	24:11 / mi
22.	1183	Maxstadt, Lauren	Rensselaer	NY	22	F	Female 20-29		24:13.4	24:13.4	24:13 / mi
23.	1206	Pope, Colleen	Oakland	NJ	40	F	Female 40-49		24:24.0	24:24.0	24:23 / mi
24.	1139	DeNardo, Michael	Stockholm	NJ	41	M	Male 40-49		24:50.3	24:50.3	24:50 / mi
25.	1198	Paciello, Donald	New Hartford	NY	58	M	Male 50-59		25:00.9	25:00.9	25:00 / mi
26.	1200	Paciello, Nina	New Hartford	NY	19	F	Female 19 and		25:02.0	25:02.0	25:01 / mi

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Pla	Bib	Name	City	Sta	Age	Gen	AG	Club	GunTime	ChipTi	Pace
27.	1247	Vargo, Erin	Hackettstown	NJ	45	F	Female 40-49		25:09.8	25:09.8	25:09 / mi
28.	1246	Vargo, Emmet	Hackettstown	NJ	14	M	Male 19 and		25:10.3	25:10.3	25:10 / mi
29.	1186	McNulty, Erica	Mechanicville	NY	27	F	Female 20-29		25:44.4	25:44.4	25:44 / mi
30.	1201	Palmeri, John	Mechanicville	NY	41	M	Male 40-49		25:44.7	25:44.7	25:44 / mi
31.	1167	LEWIS, David	Delmar	NY	51	M	Male 50-59		25:45.8	25:45.8	25:45 / mi
32.	1230	Scarlett, Amy	Delmar	NY	57	F	Female 50-59		25:46.0	25:46.0	25:45 / mi
33.	1178	Manfredo, Robert	Mechanicville	NY	41	M	Male 40-49		26:19.7	26:19.7	26:19 / mi
34.	1199	Paciello, Mary	New Hartford	NY	55	F	Female 50-59		26:22.0	26:22.0	26:21 / mi
35.	1175	Manfredo, Jack	Mechanicville	NY	9	M	Male 19 and		26:23.0	26:23.0	26:22 / mi
36.	1177	Manfredo, Norah	Mechanicville	NY	10	F	Female 19 and		26:25.3	26:25.3	26:25 / mi
37.	1176	Manfredo, Megan	Mechanicville	NY	45	F	Female 40-49		26:26.9	26:26.9	26:26 / mi
38.	1156	Hepp, Dan	Albany	NY	38	M	Male 30-39		26:59.5	26:59.5	26:59 / mi
39.	1261	Zamenick-Hepp,	Albany	NY	39	F	Female 30-39		33:00.3	33:00.3	33:00 / mi
40.	1271	Preston, Sarah				F			33:09.4	33:09.4	33:09 / mi
41.	1272	Preston, Patty				F			33:09.9	33:09.9	33:09 / mi
42.	1136	Damond Jr, John	Catonsville	MD	56	M	Male 50-59		33:58.4	33:58.4	33:58 / mi
43.	1216	Rentz-Damond,	Catonsville	MD	51	F	Female 50-59		34:02.5	34:02.5	34:02 / mi
44.	1260	Wood-Marshall,	Schenectady	NY	41	F	Female 40-49		34:05.5	34:05.5	34:05 / mi
45.	1225	Ryzner, Geraldine	Schenectady	NY	68	F	Female 60-69		34:17.4	34:17.4	34:17 / mi
46.	1227	Ryzner, Thaddeus	Haines Falls	NY	76	M	Male 70+		34:17.9	34:17.9	34:17 / mi
47.	1226	Ryzner, Michael	Latham	NY	34	M	Male 30-39		34:22.1	34:22.1	34:22 / mi
48.	1223	Ryzner, Casey	LATHAM	NY	35	F	Female 30-39		34:23.4	34:23.4	34:23 / mi
49.	1268	Sylvestro, Trevor	Stratford	CT	40	M	Male 40-49		34:58.0	34:58.0	34:57 / mi
50.	1110	Bundrock, Erinne	Milton	MA	40	F	Female 40-49		35:04.6	35:04.6	35:04 / mi
51.	1195	Muller, Jill	River Vale	NJ	40	F	Female 40-49		35:06.5	35:06.5	35:06 / mi
52.	1267	Sylvestro, Lisa	Stratford	CT	41	F	Female 40-49		35:13.7	35:13.7	35:13 / mi
53.	1166	Led Duke, Slade	Slingerlands	NY	40	M	Male 40-49		35:17.7	35:17.7	35:17 / mi
54.	1220	Romano, Jeffrey	Lumberton	NJ	63	M	Male 60-69		36:17.2	36:17.2	36:17 / mi
55.	1209	Quinn, Briana	South Portland	ME	43	F	Female 40-49		37:07.8	37:07.8	37:07 / mi
56.	1133	Cullinane,	South Portland	ME	43	M	Male 40-49		37:07.9	37:07.9	37:07 / mi
57.	1222	Romano, Michael	Baltimore	MD	32	M	Male 30-39		37:07.9	37:07.9	37:07 / mi
58.	1182	Marquillan, Will	South Portland	ME	1	M	Male 19 and		37:08.2	37:08.2	37:08 / mi
59.	1212	Quinn, Lisa	Franklin	NJ	71	F	Female 70+		37:15.1	37:15.1	37:15 / mi
60.	1210	Quinn, Jeff	Franklin	NJ	72	M	Male 70+		37:16.5	37:16.5	37:16 / mi
61.	1117	Carpentieri,	Campbell Hall	NY	5	F	Female 19 and		40:05.9	40:05.9	40:05 / mi
62.	1123	Carpentieri, Paige	Campbell Hall	NY	6	F	Female 19 and		40:06.5	40:06.5	40:06 / mi
63.	1122	Carpentieri,	Campbell Hall	NY	5	M	Male 19 and		40:10.3	40:10.3	40:10 / mi
64.	1118	Carpentieri,	Campbell Hall	NY	5	F	Female 19 and		40:14.2	40:14.2	40:14 / mi
65.	1119	Carpentieri,	Campbell Hall	NY	41	F	Female 40-49		40:23.6	40:23.6	40:23 / mi
66.	1120	Carpentieri,	Campbell Hall	NY	41	M	Male 40-49		40:24.4	40:24.4	40:24 / mi

Number of records: 134