

Howl-O-Run 5K
 Sunday October 29, 2023 9AM
 Marlboro Beach, Lamoine, Maine
 Timing & Finish Line Management by 5K Sports Race Management
 FiveKsport@aol.com 207-865-4501 Fiveksport.com Running4Free.com

Place	Name	Ag	S	City	St	No.	Time	Pace
1	CHRIS COOPER	54	M	MT. DESERT	ME	60	18:39	6:01
2	KRIS GARCIA	45	M	ELLSWORTH	ME	42	19:22	6:14
3	Alex Johnson	33	M	Ellsworth		39	21:15	6:51
4	Mason Read	13	M	Castine		26	22:53	7:22
5	Tiffany Rudloe	45	F	Bluie Hill		32	23:03	7:25
6	Erin Salter	36	F	Ellsworth		40	23:24	7:32
7	ZANE MILLER	36	M	LAMOINE	ME	62	23:56	7:43
8	Amanda Anair	27	F	Ellsworth		1	24:26	7:52
9	Michael Madell	64	M	Bar Harbor		15	25:31	8:13
10	Maksim Grover	29	M	Ellsworth		9	26:02	8:23
11	LINDA PARKER	56	F	BAR HARBOR	ME	47	26:53	8:39
12	Christopher Heel	29	M	Mount Desert		11	27:10	8:45
13	Rick Maser	53	M	Bar Harbor		38	27:56	9:00
14	Danielle Reardon	43	F	Eddington		28	28:05	9:03
15	KARMEN DANICO	33	F	SULLIVAN	ME	48	28:21	9:08
16	Malcolm Read	11	M	Castine		25	28:47	9:16
17	Charlotte Rudloe	11	F	Blue Hill		31	28:53	9:18
18	Tiffany Plourde	37	F	Dedham		22	29:17	9:26
19	Lisa Read	47	F	Castine		27	29:22	9:27
20	JAMIE MCKOWN	50	M	BAR HARBOR	ME	46	29:39	9:33
21	KASEN RICH	9	M	MT. DESERT	ME	56	30:10	9:43
22	Kelli Michaud	45	F	Holden		19	30:11	9:43
23	TOM KIRBY	67	M	ELLSWORTH	ME	43	30:23	9:47
24	Theresa Lefferts	68	F	Ellsworth		13	31:42	10:13
25	Susana DeFrank	26	F	Machias		6	31:44	10:13
26	Jessica Lindsay	25	F	Cutler		41	31:46	10:14
27	ANDREW TIEMANN	66	M	ELLSWORTH	ME	44	32:34	10:29
28	JOCELYN TIEMANN	40	F	ELLSWORTH	ME	45	32:36	10:30
29	Philip Stuart	76	M	Machias		33	40:37	13:05
30	Laura Driscoll	33	F	Mount Desert		7	41:02	13:13
31	KENSLEY RICH	7	M	MT. DESERT	ME	57	41:02	13:13
32	Jensen Rich	36	M	Mount Desert		30	41:08	13:15
33	ROBIN EMERY	77	F	LAMOINE	ME	52	42:28	13:40
34	LUKE LESSARD	10	M	SEAL HARBOR	ME	55	45:47	14:45
35	CINDY JOHNSON	67	F	MT. DESERT	ME	54	49:18	15:53
36	Lynn Bean-Ingram	48	F	Lamoine		2	50:30	16:16
37	Robyn Hanson	40	F	Seal Harbor		10	50:35	16:17
38	Raya Rackliff	42	F	Trenton		24	53:38	17:16
39	SYLVIA HOLDSWORTH	34	F	HANCOCK	ME	58	53:38	17:16
40	Megan Madsen	35	F	Southwest Harbo		17	59:58	19:19
41	CHRIS COOPER	15	M	MT. DESERT	ME	59	1:00:19	19:25
42	HEATHER COOPER	46	F	MT. DESERT	ME	61	1:00:21	19:26
43	MEGAN HALLMAN	43	F	CHERRYFIELD	ME	63	1:00:28	19:28
44	Bethany Van Gorder	31	F	Bar Harbor		34	1:00:49	19:35

45 KATHY VANGORDER

64 F WEST TREMONT

ME 53 1:02:21 20:05

