

Howl-O-Run 5K  
Sunday October 30, 2022 11PM  
Marlboro Beach, Lamoine, Maine  
Timing & Finish Line Management by 5K Sports Race Management  
FiveKsport@aol.com 207-865-4501 Fiveksport.com Running4Free.com

\*\*\*\*\* AWARDS LIST \*\*\*\*\*

\*\*\*\*\* FEMALE OVERALL RESULTS \*\*\*\*\*

1	AMY NYBERG	47	CASTINE	ME	23:16
2	Nicole Joncas	30	Cape Elizabeth		23:33

\*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*

1	Judson Cake	44	Bar Harbor		17:59
2	CHRIS COOPER	14	MT DESERTT	ME	19:21

FEMALE AGE GROUP: 1 - 16

1	25	Amelia Kneisel	10	Castine	30:24
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MALE AGE GROUP: 1 - 16

1	6	Mason Read	12	Castine	23:14
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FEMALE AGE GROUP: 30 - 39

MALE AGE GROUP: 30 - 39

FEMALE AGE GROUP: 40 - 49

MALE AGE GROUP: 40 - 49

FEMALE AGE GROUP: 50 - 99

MALE AGE GROUP: 50 - 99