

# Quintessential Experience 5K Walk/Run for Charity

Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	NICK VICALE	RONKONKOMA, NY	M: 1	RUNNER	4349	00:21:23.34	06:53	8.7mph	Male Overall: 1
2	JESSICA JONES	STONY BROOK, NY	F: 1	RUNNER	4283	00:22:11.65	07:09	8.4mph	Female Overall: 1
3	MATTHEW TAMER	HOLBROOK, NY	M: 2	RUNNER	4346	00:22:12.02	07:09	8.4mph	Male Overall: 2
4	ADAM LINDSEY	EAST PATCHOGUE, NY	M: 3	RUNNER	4293	00:22:21.56	07:12	8.3mph	Male Overall: 3
5	ERIC GOODMAN	WEST BABYLON, NY	M: 4	RUNNER	4268	00:22:36.01	07:17	8.2mph	Male 35 - 39: 1
6	MICHAEL SAVAGE	KINGS PARK, NY	M: 5	RUNNER	4335	00:22:45.89	07:20	8.2mph	Male 40 - 44: 1
7	DOUGLAS BUSH	NEW YORK, NY	M: 6	RUNNER	4236	00:23:08.52	07:27	8.0mph	Male 40 - 44: 2
8	BARRY POST	MASTIC BEACH, NY	M: 7	RUNNER	4323	00:24:39.10	07:57	7.5mph	Male 45 - 49: 1
9	CHUCK OTTO	SAYVILLE, NY	M: 8	RUNNER	4315	00:24:53.70	08:01	7.5mph	Male 65 - 69: 1
10	REBECCA DEROSA (RUNNING TACHY)	RONKONKOMA, NY	F: 2	RUNNER	4247	00:25:02.09	08:04	7.4mph	Female Overall: 2
11	JOSEPH NAPOLITANO (RUNNING TACHY)	MILLER PLACE, NY	M: 9	RUNNER	4312	00:25:32.75	08:14	7.3mph	Male 15 - 19: 1
12	JAMES DOWD	MEDFORD, NY	M: 10	RUNNER	4249	00:26:24.38	08:31	7.0mph	Male 65 - 69: 2
13	JOSEPH BEAUCHAMP	MEDFORD, NY	M: 11	RUNNER	4231	00:26:29.81	08:32	7.0mph	Male 50 - 54: 1
14	CHRISTOPHER HUNT (TEAMBRENDAN)	FARMINGDALE, NY	M: 12	RUNNER	4277	00:26:34.41	08:34	7.0mph	Male 50 - 54: 2
15	MICHELLE VICALE-SMITH	RONKONKOMA, NY	F: 3	RUNNER	4350	00:27:30.57	08:52	6.8mph	Female Overall: 3
16	MICHAEL RISPOLI (THE RUNS)	HOLTSVILLE, NY	M: 13	RUNNER	4329	00:28:08.46	09:04	6.6mph	Male 40 - 44: 3
17	SHAWN OWEN	WHEATLEY HEIGHTS, NY	M: 14	RUNNER	4316	00:28:14.20	09:06	6.6mph	Male 40 - 44: 4
18	JENNIFER ARCE (RUNNING TACHY)	SMITHTOWN, NY	F: 4	RUNNER	4228	00:28:18.31	09:07	6.6mph	Female 25 - 29: 1
19	SARAH SAUBER (TEAM KARLYN)		F: 5	RUNNER	3276	00:28:27.17	09:10	6.5mph	Female 25 - 29: 2
20	SOPHIA HAMMOND	FARMINGVILLE, NY	F: 6	RUNNER	4272	00:28:30.44	09:11	6.5mph	Female 15 - 19: 1
21	GRACE LATORRE		F: 7	RUNNER	3435	00:28:32.09	09:12	6.5mph	Female 40 - 44: 1
22	JOHN RUSSO		M: 15	RUNNER	3277	00:28:35.71	09:13	6.5mph	Male 50 - 54: 3
23	KEVIN CAVANAGH	STONY BROOK, NY	M: 16	RUNNER	4238	00:28:40.14	09:14	6.5mph	Male 65 - 69: 3
24	CHRISTOPHER WALSH	DEER PARK, NY	M: 17	RUNNER	4355	00:28:50.15	09:18	6.5mph	Male 45 - 49: 2
25	LAUREN CONCEPCION	MILLER PLACE, NY	F: 8	RUNNER	4242	00:28:55.33	09:19	6.4mph	Female 35 - 39: 1
26	LARRY RUBINSON (TEAM KARLYN)	ISLIP, NY	M: 18	RUNNER	4331	00:28:59.39	09:21	6.4mph	Male 55 - 59: 1
27	LAURA COFFEY	BAYPORT, NY	F: 9	RUNNER	4239	00:29:08.11	09:23	6.4mph	Female 50 - 54: 1
28	SHARON ZUHOSKI	MIDDLE ISLAND, NY	F: 10	RUNNER	4359	00:29:10.06	09:24	6.4mph	Female 65 - 69: 1
29	LIAM STEWART	SOUND BEACH, NY	M: 19	RUNNER	4344	00:29:11.23	09:24	6.4mph	Male 25 - 29: 1
30	CHRIS KUCHTA (STOCKMAN & POROPAT)	LYNBROOK, NY	M: 20	RUNNER	4290	00:29:39.87	09:34	6.3mph	Male 30 - 34: 1
31	JESSE BOHNER (RUNNING TACHY)	SAINT JAMES, NY	M: 21	RUNNER	4233	00:30:11.09	09:44	6.2mph	Male 30 - 34: 2
32	SAMANTHA FRIELLO	ROCKY POINT, NY	F: 11	RUNNER	4258	00:30:14.49	09:45	6.2mph	Female 15 - 19: 2
33	DARELLE JEAN GIL	SAYVILLE, NY	F: 12	RUNNER	4264	00:30:48.05	09:56	6.0mph	Female 65 - 69: 2
34	JOHN GIL	SAYVILLE, NY	M: 22	RUNNER	4265	00:30:49.32	09:56	6.0mph	Male 60 - 64: 1
35	COLE FLEMING	WEST ISLIP, NY	M: 23	RUNNER	4255	00:30:55.66	09:58	6.0mph	Male 40 - 44: 5
36	NELSON MONTOYA	EAST PATCHOGUE, NY	M: 24	RUNNER	4309	00:31:15.83	10:05	5.9mph	Male 35 - 39: 2
37	SHARON POST	MASTIC BEACH, NY	F: 13	RUNNER	4324	00:31:20.21	10:06	5.9mph	Female 45 - 49: 1
38	NKENNA UWAOMA (RUNNING TACHY)	CENTEREACH, NY	M: 25	RUNNER	4348	00:32:06.47	10:21	5.8mph	Male 20 - 24: 1
39	PETRONA LIZAMA (RUNNING TACHY)	SHIRLEY, NY	F: 14	RUNNER	4294	00:32:21.04	10:26	5.7mph	Female 40 - 44: 2
40	TRACY MEYER (THE RUNS)	HOLTSVILLE, NY	F: 15	RUNNER	4307	00:32:24.39	10:27	5.7mph	Female 40 - 44: 3
41	ANGELINA NAPOLITANO (RUNNING TACHY)	MILLER PLACE, NY	F: 16	RUNNER	4310	00:32:28.88	10:28	5.7mph	Female 15 - 19: 3
42	ARNOLDO RAMIREZ	UNIONDALE, NY	M: 26	RUNNER	4328	00:32:55.53	10:37	5.6mph	Male 35 - 39: 3
43	SARAH GILLEN	BABYLON, NY	F: 17	RUNNER	4266	00:33:12.01	10:42	5.6mph	Female 50 - 54: 2
44	TRAVIS STOCKMAN (STOCKMAN & POROPAT)	HEWLETT, NY	M: 27	RUNNER	4345	00:33:43.47	10:52	5.5mph	Male 30 - 34: 3
45	NICOLE SCHREIBER (TEAM KARLYN)	RONKONKOMA, NY	F: 18	RUNNER	4337	00:33:59.41	10:57	5.5mph	Female 30 - 34: 1

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46	DANA RODRIQUEZ (STOCKMAN & POROPAT)	HEWLETT, NY	F: 19	RUNNER	4330	00:34:05.91	10:59	5.5mph	Female 25 - 29: 3
47	DIANE BUSCAGLIA	SOUND BEACH, NY	F: 20	RUNNER	4235	00:34:23.21	11:05	5.4mph	Female 65 - 69: 3
48	BRYAN SEKUNDA	PATCHOGUE, NY	M: 28	RUNNER	4338	00:35:02.71	11:18	5.3mph	Male 25 - 29: 2
49	KEITH CROSLIN	CUTCHOGUE, NY	M: 29	RUNNER	4245	00:35:02.78	11:18	5.3mph	Male 55 - 59: 2
50	KIMBERLY SEKUNDA	PATCHOGUE, NY	F: 21	RUNNER	4339	00:35:02.78	11:18	5.3mph	Female 25 - 29: 4
51	EMMA HERNANDEZ (RUNNING TACHY)	SHIRLEY, NY	F: 22	RUNNER	4274	00:35:28.77	11:26	5.2mph	Female 25 - 29: 5
52	D K	PATCHOGUE, NY	F: 23	RUNNER	4360	00:36:38.59	11:49	5.1mph	Female 40 - 44: 4
53	KENNI FROHBERG (RUNNING TACHY)	HOLBROOK, NY	F: 24	RUNNER	4259	00:38:09.95	12:18	4.9mph	Female 30 - 34: 2
54	JAMIE STEWART	SOUND BEACH, NY	F: 25	RUNNER	4343	00:38:19.15	12:21	4.9mph	Female 55 - 59: 1
55	KRISTEN MCKENNA (ED KOTAK - NFC)	EAST MEADOW, NY	F: 26	RUNNER	4303	00:38:43.15	12:29	4.8mph	Female 40 - 44: 5
56	CHRISTINE BLILEY	RONKONKOMA, NY	F: 27	RUNNER	4232	00:39:18.60	12:40	4.7mph	Female 45 - 49: 2
57	JAMES STELLA (RUNNING TACHY)	SHIRLEY, NY	M: 30	RUNNER	4341	00:40:03.91	12:55	4.6mph	Male 45 - 49: 3
58	JASON POWELL (STOCKMAN & POROPAT)		M: 31	RUNNER	3279	00:40:26.85	13:02	4.6mph	Male 25 - 29: 3
59	PETER MAMAIS	FLUSHING, NY	M: 32	RUNNER	4297	00:40:27.46	13:03	4.6mph	Male 50 - 54: 4
60	CARL BUSCAGLIA	SOUND BEACH, NY	M: 33	RUNNER	4234	00:41:24.13	13:21	4.5mph	Male 70 - 74: 1
61	ELIZABETH NAPOLITANO (RUNNING TACHY)	MILLER PLACE, NY	F: 28	RUNNER	4311	00:42:01.19	13:33	4.4mph	Female 45 - 49: 3
62	IRA SAUBER (TEAM KARLYN)	RONKONKOMA, NY	M: 34	RUNNER	4334	00:44:52.46	14:28	4.1mph	Male 60 - 64: 2
63	PATRICIA BUSH	EAST ISLIP, NY	F: 29	RUNNER	4237	00:45:25.86	14:39	4.1mph	Female 65 - 69: 4
64	KEN KOPPELMAN	HUNTINGTON, NY	M: 35	RUNNER	4286	00:46:33.96	15:01	4.0mph	Male 65 - 69: 4
65	SHARON SPRINTZ	EAST MEADOW, NY	F: 30	RUNNER	4340	00:46:34.26	15:01	4.0mph	Female 65 - 69: 5
66	RACHEL FRANKLIN	NEW YORK, NY	F: 31	RUNNER	4361	00:47:31.46	15:19	3.9mph	Female 30 - 34: 3
67	BRETT COHEN	NEW YORK, NY	M: 36	RUNNER	4362	00:47:32.29	15:20	3.9mph	Male 30 - 34: 4
68	DANA GEORGE (GEORGE)	HUNTINGTON STATION, NY	M: 37	RUNNER	4260	00:47:54.61	15:27	3.9mph	Male 40 - 44: 6
69	SOPHIA GIAMBRONE	BAY SHORE, NY	F: 32	RUNNER	4263	00:48:12.21	15:32	3.9mph	Female 50 - 54: 3
70	KATIE ZIMMER - HOUDE (PURE BARRE MILLER PLAC)	MILLER PLACE, NY	F: 33	RUNNER	4358	00:48:26.64	15:37	3.8mph	Female 35 - 39: 2
71	BENJAMIN WALKER (RUNNING TACHY)	SMITHTOWN, NY	M: 38	RUNNER	4351	00:49:08.72	15:51	3.8mph	Male 0 - 10: 1
72	DAVID WALKER (RUNNING TACHY)	SMITHTOWN, NY	M: 39	RUNNER	4352	00:49:17.37	15:53	3.8mph	Male 40 - 44: 7
73	RICHARD HYAMS		M: 40	RUNNER	3278	00:49:50.15	16:04	3.7mph	Male 65 - 69: 5
74	EDWARD KOTAK (ED KOTAKRONKONKOMA, NY - NFC)		M: 41	RUNNER	4287	00:50:16.27	16:12	3.7mph	Male 60 - 64: 3
75	EDWARD EDWARD KOTAK (ED KOTAK - NFC)	HAUPPAUGE, NY	M: 42	RUNNER	4288	00:50:16.57	16:13	3.7mph	Male 35 - 39: 4
76	NORA WALKER (RUNNING TACHY)	SMITHTOWN, NY	F: 34	RUNNER	4354	00:50:45.92	16:22	3.7mph	Female 0 - 10: 1
77	MARIE POLITO	HOLBROOK, NY	F: 35	RUNNER	4319	00:51:31.22	16:37	3.6mph	Female 55 - 59: 2
78	LAURA POLITO		F: 36	RUNNER	3409	00:51:31.43	16:37	3.6mph	Female 55 - 59: 3
79	ANDREA MENDOZA (ED KOTAK - NFC)	WESTBURY, NY	F: 37	RUNNER	4304	00:51:43.72	16:41	3.6mph	Female 35 - 39: 3
80	NICOLE FOGARTY	RONKONKOMA, NY	F: 38	RUNNER	4257	00:51:44.79	16:41	3.6mph	Female 45 - 49: 4
81	ALEX PATTERSON		M: 43	RUNNER	3455	00:51:53.42	16:44	3.6mph	Male 45 - 49: 4
82	RACHIA YAKUBU (RUNNING STONY BROOK, NY TACHY)		F: 39	RUNNER	4357	00:52:16.63	16:51	3.6mph	Female 40 - 44: 6
83	ERICA WALKER (RUNNING TACHY)	SMITHTOWN, NY	F: 40	RUNNER	4353	00:52:17.02	16:51	3.6mph	Female 35 - 39: 4
84	PAULTON MONTAQUE	BALDWIN, NY	M: 44	RUNNER	4308	00:52:35.77	16:57	3.5mph	Male 40 - 44: 8
85	CATHERINE FALZONE (FALZONE)	SAINT JAMES, NY	F: 41	RUNNER	4252	00:52:42.04	17:00	3.5mph	Female 65 - 69: 6
86	JILL FALZONE (FALZONE)	KINGS PARK, NY	F: 42	RUNNER	4254	00:52:42.08	17:00	3.5mph	Female 25 - 29: 6
87	MARCELA MCCAFFREY	SELDEN, NY	F: 43	RUNNER	4301	00:53:21.33	17:12	3.5mph	Female 35 - 39: 5
88	PATRICK MCCAFFREY	SELDEN, NY	M: 45	RUNNER	4302	00:53:21.90	17:12	3.5mph	Male 35 - 39: 5

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Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
89	GISELLE MCCAFFREY	HISPANIC OR LATINO, NY	F: 44	RUNNER	4300	00:53:22.24	17:12	3.5mph	Female 11 - 14: 1
90	DOMINIK MCCAFFREY	SELDEN, NY	M: 46	RUNNER	4299	00:53:22.58	17:13	3.5mph	Male 11 - 14: 1
91	JACK FALZONE (FALZONE)	KINGS PARK, NY	M: 47	RUNNER	4253	00:53:36.07	17:17	3.5mph	Male 25 - 29: 4
92	WILL GIRASOLE	ISLIP, NY	M: 48	RUNNER	4267	00:53:37.15	17:17	3.5mph	Male 35 - 39: 6
93	NICOLE HUROWITZ	MOUNT SINAI, NY	F: 45	RUNNER	4278	00:54:25.97	17:33	3.4mph	Female 20 - 24: 1
94	ROD HUROWITZ	MOUNT SINAI, NY	M: 49	RUNNER	4279	00:54:26.03	17:33	3.4mph	Male 55 - 59: 3
95	SAMANTHA ELLER	BAYSIDE, NY	F: 46	RUNNER	4251	00:55:50.18	18:00	3.3mph	Female 30 - 34: 4
96	MICHAEL ELLER	PATCHOGUE, NY	M: 50	RUNNER	4250	00:55:51.69	18:01	3.3mph	Male 65 - 69: 6
97	CHRISTINE SAUBER (TEAM KARLYN)	RONKONKOMA, NY	F: 47	RUNNER	4333	00:57:06.33	18:25	3.3mph	Female 55 - 59: 4
98	ERICA GRASSO (TEAM KARLYN)		F: 48	RUNNER	3419	00:57:06.70	18:25	3.3mph	Female 35 - 39: 6
99	MICHAEL POROPAT (STOCKMAN & POROPAT)	COMMACK, NY	M: 51	RUNNER	4321	00:57:11.90	18:27	3.3mph	Male 30 - 34: 5
100	STEPHANIE POROPAT (STOCKMAN & POROPAT)	LYNBROOK, NY	F: 49	RUNNER	4322	00:57:12.34	18:27	3.3mph	Female 30 - 34: 5
101	SUZANNE KOTAK (ED KOTAK - NFC)	RONKONKOMA, NY	F: 50	RUNNER	4289	00:57:35.03	18:34	3.2mph	Female 60 - 64: 1
102	JANET POWELL (ED KOTAK - NFC)	EAST MEADOW, NY	F: 51	RUNNER	4326	00:57:35.78	18:34	3.2mph	Female 35 - 39: 7
103	DIANE POWELL (ED KOTAK - NFC)	EAST MEADOW, NY	F: 52	RUNNER	4325	00:57:37.51	18:35	3.2mph	Female 65 - 69: 7
104	LAUREN PEARSON	MASSAPEQUA PARK, NY	F: 53	RUNNER	4317	00:58:49.75	18:58	3.2mph	Female 25 - 29: 7
105	STEPHANIE WHELAN	NESCONSET, NY	F: 54	RUNNER	4356	00:58:58.82	19:01	3.2mph	Female 55 - 59: 5
106	KARLYN GRASSO (TEAM KARLYN)	OAKDALE, NY	F: 55	RUNNER	4270	00:59:02.64	19:02	3.2mph	Female 35 - 39: 8
107	FRANK GRASSO (TEAM KARLYN)	SAYVILLE, NY	M: 52	RUNNER	4269	00:59:12.43	19:05	3.1mph	Male 65 - 69: 7
108	EDWARD STEWART	SOUND BEACH, NY	M: 53	RUNNER	4342	01:03:08.72	20:22	2.9mph	Male 60 - 64: 4
109	DEE HUTCHERSON (TEAM KARLYN)	BOHEMIA, NY	F: 56	RUNNER	4280	01:05:33.56	21:08	2.8mph	Female 60 - 64: 2
110	MICHAEL BASILE (TEAM KARLYN)	BOHEMIABOHEMIA, NY	M: 54	RUNNER	4230	01:05:34.31	21:09	2.8mph	Male 55 - 59: 4
111	LIZ O'HERRON (TEAM KARLYN)	OAKDALE, NY	F: 57	RUNNER	4313	01:05:34.42	21:09	2.8mph	Female 55 - 59: 6
112	VANESSA BOSER		F: 58	RUNNER	3466	01:05:34.85	21:09	2.8mph	Female 25 - 29: 8
113	JENNIFER BASILE (TEAM KARLYN)	BOHEMIABOHEMIA, NY	F: 59	RUNNER	4229	01:05:36.69	21:09	2.8mph	Female 60 - 64: 3
114	DON HUTCHERSON		M: 55	RUNNER	3450	01:05:38.88	21:10	2.8mph	Male 55 - 59: 5
115	PETER O'HERRON (TEAM KARLYN)	OAKDALE, NY	M: 56	RUNNER	4314	01:08:59.24	22:15	2.7mph	Male 60 - 64: 5