

Alvin Sproul Samoset 10K
 Sunday August 11, 2019 Bristol, 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	Rob Greenman	39	M	Portland	OR	36	39:08	6:19
2	Joe Gay	27	M	Portsmouth	NH	57	40:51	6:36
3	MATT MOSS	36	M	LIVINGSTON	NJ	102	40:57	6:37
4	Chad Ashby	33	M	Newberry	SC	41	41:39	6:43
5	DARREN WINCHENBACH	38	M	SACO	ME	71	42:17	6:50
6	Damian Nowak	40	M	Fairfield	CT	27	43:03	6:57
7	Ted Ganung	32	M	New Harbor	ME	11	44:21	7:10
8	Megan Peterson	36	F	Fairfield	CT	26	44:52	7:15
9	Colby Black	25	M	Pemaquid	ME	52	45:48	7:24
10	Laurie Nicholas	51	F	Gorham	ME	54	45:52	7:24
11	Ronald Stevenson	47	M	Knox	ME	37	46:05	7:26
12	Nathaniel Hunt	49	M	Pownal	ME	15	46:36	7:31
13	GREG MARGOLIS	31	M	NEW YORK	NY	99	46:39	7:32
14	LORNA DAMREN	54	F	PORTLAND	ME	77	46:55	7:34
15	Ben Atchison	38	M	Framingham	MA	12	47:34	7:41
16	CHRISTA WESLEY	35	F	MERCHANTVILLE	NJ	103	48:04	7:46
17	CRRIS COOMBS	54	M	BOWNEMOUTH	UK	92	48:58	7:54
18	Robert Congor	66	M	Washington	WA	64	49:22	7:58
19	Darin Carlucci	47	M	Pemaquid	ME	58	50:27	8:09
20	Morgan Clifford	23	F			63	50:33	8:10
21	LINA OH	31	F	BRISTOL	ME	89	50:55	8:13
22	LUCAS BICKFORD	23	M	PEMAQUID	ME	85	51:07	8:15
23	BEN CLIFFORD	17	M	WAYLAND	MA	95	51:10	8:16
24	ALYSSA LAMONTAGNE	33	F	LEBANON	ME	69	52:25	8:28
25	Dan Hanson	53	M	N. Dighton	MA	7	52:55	8:32
26	Patrick Johnson	58	M	New Harbor	ME	29	52:58	8:33
27	MARK ARISEMI	18	M	RED BANK	NJ	91	53:05	8:34
28	WILLIE SPROUL	61	M	NEW GLOUCESTER	ME	68	53:07	8:34
29	JASON WYSE	48	M	MIAMI	FL	70	53:26	8:37
30	STEVE OLAFSEN	62	M	CENTER SANDWICH	NH	87	53:43	8:40
31	MAYA SHAPIRO	19	F	SEATTLE	WA	83	53:47	8:41
32	ALEX MARGOLIS	30	M	NEW YORK	NY	101	54:12	8:45
33	LUCAS MCNELLY	40	M	DAMARSCOTTIA	ME	75	54:14	8:45
34	Kate Moloney	42	F	Westhampton	MA	59	54:22	8:46
35	KATE LEE	26	F	HARVARD	MA	93	54:32	8:48
36	MAUREEN SPROUL	63	F	NEW GLOUCESTER	ME	67	54:55	8:52
37	TRACEY OLAFSEN	64	F	CENTER SANDWICH	NH	88	55:13	8:55
38	Jen Eckel	52	F	Pemaquid	ME	30	55:52	9:01
39	GEORGE BOMANN	17	M	TRUMBELL	CT	104	57:20	9:15
40	DAVID TIEMANN	65	M	BRUNSWICK	ME	65	57:21	9:15
41	PAMELA CHALIFF	30	F	NEW YORK	NY	100	57:44	9:19
42	Mike Nixon	66	M			61	58:32	9:27
43	DANIEL BONGIORNO	13	M	NEW HARBOR	ME	84	1:00:38	9:47
44	CHRISTINA ROSA	37	F	DIGHTON	MA	74	1:00:50	9:49
45	John Clifford	70	M	Waldoboro	ME	56	1:00:58	9:50

46	JIM LEE	58	M	ROUND POND	ME	94	1:01:03	9:51
47	Heather Rose	33	F	South Portland	ME	17	1:01:06	9:52
48	Pamela Wheeler	60	F	Yarmouth	ME	6	1:01:24	9:55
49	Hope Nilson	25	F	Red Bank	NJ	10	1:01:43	9:58
50	JENNIFER NILSON	18	F	RED BANK	NJ	90	1:01:44	9:58

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Place	Name	Ag	S	City	St	No.	Time	Pace
=====	=====	==	=	=====	==	====	=====	=====
51	Nicki Atchison	38	F	Framingham	MA	13	1:02:13	10:03
52	BRIAN MCGRATH	59	M	BRADFORD	MA	86	1:02:15	10:03
53	Conor Glasier	13	M			49	1:02:18	10:03
54	Chelsea Taylor	30	F	Bremen	ME	53	1:02:56	10:09
55	Amanda Kotecki	44	F	Bristol	ME	5	1:03:07	10:11
56	Amy Minzner	42	F	Newcastle	ME	31	1:03:10	10:12
57	ELLEN SMITHBERG	62	F	NEW HARBOR	ME	97	1:04:23	10:24
58	TARA SIMPSON	46	F	ELLIOT	MD	81	1:04:43	10:27
59	EDWARD SIMPSON	46	M	ELLIOT	MD	82	1:04:43	10:27
60	PAUL YATES	68	M	BRISTOL	ME	111	1:05:21	10:33
61	Rebecca Glasier-Wyl	44	F	Nobleboro	ME	39	1:08:51	11:07
62	DERRY RIEDEL	41	M	WASHINGTON	DC	66	1:10:16	11:20
63	Alex Dobrowolski	79	M	Highland Park	NJ	2	1:11:40	11:34
64	JULIE SINGER	29	F	NEW YORK	NY	98	1:11:53	11:36
65	Kassie Lincoln	27	F	Damariscotta	ME	16	1:12:38	11:43
66	Hannah Meneses	34	F	Newcastle	ME	51	1:12:38	11:43
67	Donnajean Pohlman	68	F			62	1:14:12	11:59
68	Heather Sears	28	F	East Hampstead	NH	4	1:15:55	12:15
69	Ronald Paquette	78	M	ALBION	ME	55	1:16:27	12:20
70	Kysa Kelleher	45	F	Portland	OR	38	1:16:37	12:22
71	KENNETH MARGOLIS	64	M	CHAPPAQNA	NY	96	1:19:25	12:49
72	Scott Peterson	42	M	Fairfield	CT	19	1:22:40	13:20
73	Rhys Peterson	9	M	Fairfield	CT	22	1:22:40	13:20
74	Dawn Preston	56	F	Belfast	ME	40	1:28:47	14:20

