

5K RUN / WALK 4 LIFE

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	ANGELO CRIMENI	BELLMORE, NY	M: 1	RUNNER	3125	00:21:17.33	06:52	8.7mph	Male Overall: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:04:14.11		0.0mph	00:04:14.11
				Split 2		00:04:08.42	06:40	9.0mph	00:08:22.52
				Split 3		00:04:13.44	06:48	8.8mph	00:12:35.96
				Split 4		00:04:23.20	07:04	8.5mph	00:16:59.15
				Split 5		00:04:18.18	06:56	8.6mph	00:21:17.33
2	JAMES PYUN	EAST NORTHPORT, NY	M: 2	RUNNER	3153	00:22:18.21	07:11	8.3mph	Male Overall: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:04:32.57		0.0mph	00:04:32.57
				Split 2		00:04:34.88	07:23	8.1mph	00:09:07.45
				Split 3		00:04:35.19	07:23	8.1mph	00:13:42.63
				Split 4		00:04:29.06	07:13	8.3mph	00:18:11.69
				Split 5		00:04:06.53	06:37	9.1mph	00:22:18.21
3	SHANNON PULIS		F: 1	RUNNER	2824	00:25:41.99	08:17	7.2mph	Female Overall: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:04:51.39		0.0mph	00:04:51.39
				Split 2		00:05:00.63	08:04	7.4mph	00:09:52.02
				Split 3		00:05:23.59	08:41	6.9mph	00:15:15.60
				Split 4		00:05:15.04	08:28	7.1mph	00:20:30.64
				Split 5		00:05:11.36	08:22	7.2mph	00:25:41.99
4	MICHAEL IMBORNONI	FLORAL PARK, NY	M: 3	RUNNER	3138	00:27:09.34	08:45	6.8mph	Male Overall: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:04:56.01		0.0mph	00:04:56.01
				Split 2		00:05:18.68	08:33	7.0mph	00:10:14.69
				Split 3		00:05:24.88	08:43	6.9mph	00:15:39.56
				Split 4		00:05:44.12	09:15	6.5mph	00:21:23.68
				Split 5		00:05:45.67	09:17	6.5mph	00:27:09.34
5	REBECCA MACKAY	SHOREHAM, NY	F: 2	RUNNER	3142	00:27:35.66	08:54	6.7mph	Female Overall: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:04:48.72		0.0mph	00:04:48.72
				Split 2		00:05:21.11	08:37	7.0mph	00:10:09.83
				Split 3		00:05:38.46	09:05	6.6mph	00:15:48.28
				Split 4		00:06:00.64	09:41	6.2mph	00:21:48.92
				Split 5		00:05:46.75	09:19	6.4mph	00:27:35.66
6	KYLE CARPENTER	MASSAPEQUA, NY	M: 4	RUNNER	3121	00:28:03.80	09:03	6.6mph	Male Overall: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:05:34.62		0.0mph	00:05:34.62
				Split 2		00:05:10.64	08:21	7.2mph	00:10:45.26
				Split 3		00:05:44.36	09:15	6.5mph	00:16:29.61
				Split 4		00:05:43.54	09:14	6.5mph	00:22:13.15
				Split 5		00:05:50.66	09:25	6.4mph	00:28:03.80
7	ROBERT ABRUZZINO	WANTAGJ, NY	M: 5	RUNNER	3110	00:29:09.33	09:24	6.4mph	Male Overall: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:05.77		0.0mph	00:06:05.77
				Split 2		00:05:43.33	09:13	6.5mph	00:11:49.10
				Split 3		00:05:50.34	09:25	6.4mph	00:17:39.43
				Split 4		00:06:00.04	09:40	6.2mph	00:23:39.46
				Split 5		00:05:29.87	08:52	6.8mph	00:29:09.33
8	JOHN STAUBER	MASSAPEQUA, NY	M: 6	RUNNER	3162	00:29:11.50	09:25	6.4mph	Male Overall: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:12.98		0.0mph	00:06:12.98
				Split 2		00:05:52.51	09:28	6.3mph	00:12:05.49
				Split 3		00:05:49.73	09:24	6.4mph	00:17:55.21
				Split 4		00:05:50.19	09:24	6.4mph	00:23:45.40
				Split 5		00:05:26.10	08:45	6.8mph	00:29:11.50
9	LORI GARGARO	BAY SHORE, NY	F: 3	RUNNER	3133	00:29:28.43	09:30	6.3mph	Female Overall: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:03.16		0.0mph	00:06:03.16
				Split 2		00:05:37.53	09:04	6.6mph	00:11:40.68
				Split 3		00:05:54.00	09:30	6.3mph	00:17:34.67
				Split 4		00:05:55.14	09:32	6.3mph	00:23:29.80
				Split 5		00:05:58.63	09:38	6.2mph	00:29:28.43

5K RUN / WALK 4 LIFE

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
10	KELLY PULIS		F: 4	RUNNER	2826	00:32:21.92	10:26	5.7mph	Female Overall: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:05:40.00		0.0mph	00:05:40.00
				Split 2		00:05:58.46	09:38	6.2mph	00:11:38.45
				Split 3		00:06:34.73	10:36	5.7mph	00:18:13.18
				Split 4		00:07:18.20	11:46	5.1mph	00:25:31.38
				Split 5		00:06:50.55	11:02	5.4mph	00:32:21.92
11	RUTH MACKAY	SHOREHAM, NY	F: 5	RUNNER	3143	00:34:03.93	10:59	5.5mph	Female Overall: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:40.12		0.0mph	00:06:40.12
				Split 2		00:06:16.99	10:08	5.9mph	00:12:57.11
				Split 3		00:06:57.51	11:13	5.3mph	00:19:54.62
				Split 4		00:07:07.16	11:28	5.2mph	00:27:01.78
				Split 5		00:07:02.16	11:20	5.3mph	00:34:03.93
12	PAUL ARENA	MASSAPEQUA, NY	M: 7	RUNNER	3113	00:35:25.94	11:25	5.2mph	Male Overall: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:07:18.52		0.0mph	00:07:18.52
				Split 2		00:06:58.50	11:14	5.3mph	00:14:17.01
				Split 3		00:06:56.87	11:12	5.4mph	00:21:13.88
				Split 4		00:07:13.10	11:38	5.2mph	00:28:26.97
				Split 5		00:06:58.97	11:15	5.3mph	00:35:25.94
13	MICHAEL SALVAREZZA		M: 8	RUNNER	3008	00:36:15.18	11:41	5.1mph	Male Overall: 8
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:36.99		0.0mph	00:06:36.99
				Split 2		00:07:25.19	11:58	5.0mph	00:14:02.17
				Split 3		00:07:36.10	12:15	4.9mph	00:21:38.27
				Split 4		00:07:52.48	12:42	4.7mph	00:29:30.75
				Split 5		00:06:44.44	10:52	5.5mph	00:36:15.18
14	ANNA SUTTMILLER	WEST HEMPSTEAD, NY	F: 6	RUNNER	3163	00:36:33.28	11:47	5.1mph	Female Overall: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:36.89		0.0mph	00:06:36.89
				Split 2		00:06:47.94	10:57	5.5mph	00:13:24.82
				Split 3		00:07:37.69	12:18	4.9mph	00:21:02.51
				Split 4		00:08:14.23	13:17	4.5mph	00:29:16.73
				Split 5		00:07:16.56	11:44	5.1mph	00:36:33.28
15	CAROLINE FLORES		F: 7	RUNNER	2989	00:37:19.61	12:02	5.0mph	Female Overall: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:10.98		0.0mph	00:06:10.98
				Split 2		00:06:44.50	10:52	5.5mph	00:12:55.48
				Split 3		00:07:45.75	12:31	4.8mph	00:20:41.22
				Split 4		00:08:26.25	13:36	4.4mph	00:29:07.46
				Split 5		00:08:12.16	13:13	4.5mph	00:37:19.61
16	MARY GRACE LYNCH	STONY BROOK, NY	F: 8	RUNNER	3140	00:40:33.05	13:04	4.6mph	Female Overall: 8
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:07:17.64		0.0mph	00:07:17.64
				Split 2		00:08:05.02	13:02	4.6mph	00:15:22.66
				Split 3		00:07:59.04	12:52	4.7mph	00:23:21.70
				Split 4		00:08:08.72	13:08	4.6mph	00:31:30.41
				Split 5		00:09:02.64	14:35	4.1mph	00:40:33.05
17	KERI SUTTMILLER	WEST HEMPSTEAD, NY	F: 9	RUNNER	3165	00:44:54.21	14:29	4.1mph	Female Overall: 9
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:10:08.74		0.0mph	00:10:08.74
				Split 2		00:09:42.45	15:39	3.8mph	00:19:51.19
				Split 3		00:10:18.41	16:37	3.6mph	00:30:09.60
				Split 4		00:07:19.37	11:48	5.1mph	00:37:28.96
				Split 5		00:07:25.25	11:58	5.0mph	00:44:54.21
18	KATHERINE SUTTMILLER	WEST HEMPSTEAD, NY	F: 10	RUNNER	3164	00:45:08.02	14:33	4.1mph	Female Overall: 10
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:10:08.02		0.0mph	00:10:08.02
				Split 2		00:09:45.85	15:44	3.8mph	00:19:53.87
				Split 3		00:10:16.29	16:34	3.6mph	00:30:10.16
				Split 4		00:07:10.16	11:33	5.2mph	00:37:20.31
				Split 5		00:07:47.72	12:34	4.8mph	00:45:08.02

5K RUN / WALK 4 LIFE

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
19	ELIANA CONRAD	BELLMORE, NY	F: 11	RUNNER	3123	00:45:57.81	14:49	4.0mph	Female Overall: 11
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:09:30.90		0.0mph	00:09:30.90
				Split 2		00:09:27.06	15:14	3.9mph	00:18:57.96
				Split 3		00:09:20.11	15:03	4.0mph	00:28:18.06
				Split 4		00:09:53.78	15:57	3.8mph	00:38:11.84
				Split 5		00:07:45.97	12:31	4.8mph	00:45:57.81
20	JESSICA OLIVA		F: 12	RUNNER	3145	00:48:29.77	15:38	3.8mph	Female Overall: 12
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:10:08.97		0.0mph	00:10:08.97
				Split 2		00:09:47.74	15:47	3.8mph	00:19:56.71
				Split 3		00:09:15.03	14:55	4.0mph	00:29:11.74
				Split 4		00:09:21.66	15:05	4.0mph	00:38:33.39
				Split 5		00:09:56.38	16:01	3.7mph	00:48:29.77
21	KATE BARRY	ROCKVILLE CENTRE, NY	F: 13	RUNNER	3116	00:50:02.14	16:08	3.7mph	Female Overall: 13
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:10:13.66		0.0mph	00:10:13.66
				Split 2		00:08:30.15	13:42	4.4mph	00:18:43.80
				Split 3		00:11:12.91	18:05	3.3mph	00:29:56.70
				Split 4		00:09:15.82	14:56	4.0mph	00:39:12.51
				Split 5		00:10:49.63	17:27	3.4mph	00:50:02.14
22	MAGGIE BARRY	ROCKVILLE CENTRE, NY	F: 14	RUNNER	3117	00:50:03.09	16:08	3.7mph	Female Overall: 14
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:10:13.96		0.0mph	00:10:13.96
				Split 2		00:08:30.79	13:43	4.4mph	00:18:44.74
				Split 3		00:11:12.11	18:04	3.3mph	00:29:56.85
				Split 4		00:09:15.61	14:56	4.0mph	00:39:12.45
				Split 5		00:10:50.64	17:29	3.4mph	00:50:03.09
23	HILARY REILLY	SMITHTOWN, NY	F: 15	RUNNER	3154	00:50:23.38	16:15	3.7mph	Female Overall: 15
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:38.05		0.0mph	00:11:38.05
				Split 2		00:10:50.69	17:29	3.4mph	00:22:28.73
				Split 3		00:09:00.49	14:31	4.1mph	00:31:29.22
				Split 4		00:09:21.24	15:05	4.0mph	00:40:50.45
				Split 5		00:09:32.93	15:24	3.9mph	00:50:23.38
24	COLLEEN EGAN	MASSAPEQUA, NY	F: 16	RUNNER	3128	00:52:21.66	16:53	3.6mph	Female Overall: 16
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:09:48.38		0.0mph	00:09:48.38
				Split 2		00:10:07.62	16:20	3.7mph	00:19:55.99
				Split 3		00:12:05.89	19:30	3.1mph	00:32:01.88
				Split 4		00:10:23.72	16:45	3.6mph	00:42:25.60
				Split 5		00:09:56.06	16:01	3.7mph	00:52:21.66
25	JOHN SCHROEDER	CORAM, NY	M: 9	RUNNER	3160	00:52:57.18	17:04	3.5mph	Male Overall: 9
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:11.19		0.0mph	00:11:11.19
				Split 2		00:10:29.99	16:56	3.5mph	00:21:41.17
				Split 3		00:10:33.67	17:02	3.5mph	00:32:14.84
				Split 4		00:10:32.06	16:59	3.5mph	00:42:46.90
				Split 5		00:10:10.28	16:24	3.7mph	00:52:57.18
26	KEVIN MONAGHAN		M: 10	RUNNER	2827	00:53:05.30	17:07	3.5mph	Male Overall: 10
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:59.62		0.0mph	00:11:59.62
				Split 2		00:10:27.96	16:52	3.6mph	00:22:27.57
				Split 3		00:10:16.58	16:34	3.6mph	00:32:44.15
				Split 4		00:10:06.75	16:18	3.7mph	00:42:50.89
				Split 5		00:10:14.41	16:30	3.6mph	00:53:05.30
27	JENNIFER BAIERLEIN		F: 17	RUNNER	2866	00:53:06.20	17:07	3.5mph	Female Overall: 17
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:43.00		0.0mph	00:11:43.00
				Split 2		00:10:26.67	16:50	3.6mph	00:22:09.67
				Split 3		00:10:20.99	16:41	3.6mph	00:32:30.65
				Split 4		00:10:06.98	16:19	3.7mph	00:42:37.63
				Split 5		00:10:28.57	16:53	3.6mph	00:53:06.20

5K RUN / WALK 4 LIFE

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
28	PAUL MONAGHAN		M: 11	RUNNER	2849	00:53:08.86	17:08	3.5mph	Male Overall: 11
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:59.10		0.0mph	00:11:59.10
				Split 2		00:10:27.58	16:52	3.6mph	00:22:26.68
				Split 3		00:10:17.09	16:35	3.6mph	00:32:43.76
				Split 4		00:10:06.70	16:18	3.7mph	00:42:50.46
				Split 5		00:10:18.41	16:37	3.6mph	00:53:08.86
29	TULIA EDWARDS	ELMONT, NY	F: 18	RUNNER	3127	00:53:22.83	17:13	3.5mph	Female Overall: 18
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:11.24		0.0mph	00:11:11.24
				Split 2		00:10:36.67	17:06	3.5mph	00:21:47.90
				Split 3		00:10:40.27	17:12	3.5mph	00:32:28.16
				Split 4		00:10:27.60	16:52	3.6mph	00:42:55.76
				Split 5		00:10:27.08	16:51	3.6mph	00:53:22.83
30	JEAN WHITCOMB		F: 19	RUNNER	2975	00:54:25.37	17:33	3.4mph	Female Overall: 19
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:29.69		0.0mph	00:12:29.69
				Split 2		00:11:05.71	17:53	3.4mph	00:23:35.40
				Split 3		00:10:28.44	16:53	3.6mph	00:34:03.84
				Split 4		00:10:15.62	16:32	3.6mph	00:44:19.46
				Split 5		00:10:05.91	16:17	3.7mph	00:54:25.37
31	MIKE WHITCOMB		M: 12	RUNNER	3014	00:54:38.59	17:37	3.4mph	Male Overall: 12
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:28.71		0.0mph	00:12:28.71
				Split 2		00:11:05.44	17:53	3.4mph	00:23:34.14
				Split 3		00:10:29.24	16:54	3.5mph	00:34:03.38
				Split 4		00:10:16.37	16:34	3.6mph	00:44:19.74
				Split 5		00:10:18.85	16:38	3.6mph	00:54:38.59
32	ROBERT MACKAY	SHOREHAM, NY	M: 13	RUNNER	3141	00:55:23.84	17:52	3.4mph	Male Overall: 13
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:10:20.44		0.0mph	00:10:20.44
				Split 2		00:06:19.70	10:12	5.9mph	00:16:40.13
				Split 3		00:05:59.63	09:40	6.2mph	00:22:39.76
				Split 4		00:22:56.63	37:00	1.6mph	00:45:36.39
				Split 5		00:09:47.46	15:47	3.8mph	00:55:23.84
33	JOSEPHINE SPELMAN	RONKONKOMA, NY	F: 20	RUNNER	3161	00:55:35.72	17:56	3.3mph	Female Overall: 20
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:30.53		0.0mph	00:11:30.53
				Split 2		00:11:03.47	17:50	3.4mph	00:22:34.00
				Split 3		00:10:59.69	17:44	3.4mph	00:33:33.68
				Split 4		00:10:55.01	17:36	3.4mph	00:44:28.69
				Split 5		00:11:07.03	17:55	3.3mph	00:55:35.72
34	SAL GARGARO	BAY SHORE, NY	M: 14	RUNNER	3134	00:56:40.40	18:16	3.3mph	Male Overall: 14
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:51.81		0.0mph	00:11:51.81
				Split 2		00:11:18.08	18:13	3.3mph	00:23:09.89
				Split 3		00:11:10.62	18:01	3.3mph	00:34:20.50
				Split 4		00:11:09.65	18:00	3.3mph	00:45:30.14
				Split 5		00:11:10.26	18:01	3.3mph	00:56:40.40
35	MONICA DURANO		F: 21	RUNNER	3126	00:56:53.06	18:20	3.3mph	Female Overall: 21
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:27.04		0.0mph	00:12:27.04
				Split 2		00:11:36.72	18:43	3.2mph	00:24:03.75
				Split 3		00:11:00.47	17:45	3.4mph	00:35:04.22
				Split 4		00:10:49.20	17:27	3.4mph	00:45:53.41
				Split 5		00:10:59.65	17:43	3.4mph	00:56:53.06
36	SAL LANDRO	FARMINGVILLE, NY	M: 15	RUNNER	3139	00:57:01.89	18:23	3.3mph	Male Overall: 15
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:47.04		0.0mph	00:11:47.04
				Split 2		00:11:38.18	18:46	3.2mph	00:23:25.22
				Split 3		00:11:33.75	18:38	3.2mph	00:34:58.97
				Split 4		00:11:08.92	17:58	3.3mph	00:46:07.88
				Split 5		00:10:54.01	17:34	3.4mph	00:57:01.89
37	RACHEL PIKE	BELLMORE, NY	F: 22	RUNNER	3151	00:57:35.94	18:34	3.2mph	Female Overall: 22
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:38.89		0.0mph	00:12:38.89
				Split 2		00:11:24.23	18:23	3.3mph	00:24:03.12
				Split 3		00:11:08.67	17:58	3.3mph	00:35:11.78
				Split 4		00:11:12.44	18:04	3.3mph	00:46:24.22
				Split 5		00:11:11.73	18:03	3.3mph	00:57:35.94

5K RUN / WALK 4 LIFE

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
38	RICH PIKE	BELLMORE, NY	M: 16	RUNNER	3152	00:57:36.66	18:35	3.2mph	Male Overall: 16
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:39.77		0.0mph	00:12:39.77
				Split 2		00:11:23.53	18:22	3.3mph	00:24:03.30
				Split 3		00:11:10.07	18:00	3.3mph	00:35:13.36
				Split 4		00:11:11.73	18:03	3.3mph	00:46:25.09
				Split 5		00:11:11.57	18:03	3.3mph	00:57:36.66
39	MICHAEL CONRAD	BELLMORE, NY	M: 17	RUNNER	3124	00:57:36.75	18:35	3.2mph	Male Overall: 17
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:41.69		0.0mph	00:12:41.69
				Split 2		00:11:22.45	18:20	3.3mph	00:24:04.14
				Split 3		00:11:08.84	17:58	3.3mph	00:35:12.97
				Split 4		00:11:12.48	18:04	3.3mph	00:46:25.45
				Split 5		00:11:11.31	18:02	3.3mph	00:57:36.75
40	JOSEPH OSHAUGHNESSY		M: 18	RUNNER	2980	00:59:50.23	19:18	3.1mph	Male Overall: 18
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:02.55		0.0mph	00:13:02.55
				Split 2		00:13:14.56	21:21	2.8mph	00:26:17.10
				Split 3		00:10:58.68	17:42	3.4mph	00:37:15.78
				Split 4		00:11:03.39	17:49	3.4mph	00:48:19.17
				Split 5		00:11:31.07	18:34	3.2mph	00:59:50.23
41	THOMAS OSHAUGHNESSY		M: 19	RUNNER	2987	00:59:54.22	19:19	3.1mph	Male Overall: 19
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:05.26		0.0mph	00:13:05.26
				Split 2		00:13:13.29	21:19	2.8mph	00:26:18.55
				Split 3		00:10:58.61	17:42	3.4mph	00:37:17.15
				Split 4		00:11:05.03	17:52	3.4mph	00:48:22.18
				Split 5		00:11:32.04	18:36	3.2mph	00:59:54.22
42	CHARLES FELDMAN	LINDENHURST, NY	M: 20	RUNNER	3131	00:59:59.25	19:21	3.1mph	Male Overall: 20
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:25.52		0.0mph	00:12:25.52
				Split 2		00:12:13.10	19:42	3.0mph	00:24:38.61
				Split 3		00:12:04.85	19:29	3.1mph	00:36:43.46
				Split 4		00:11:48.14	19:02	3.2mph	00:48:31.60
				Split 5		00:11:27.66	18:29	3.2mph	00:59:59.25
43	JANICE PALUMBO	NORTHPORT, NY	F: 23	RUNNER	3146	01:00:22.42	19:28	3.1mph	Female Overall: 23
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:38.67		0.0mph	00:11:38.67
				Split 2		00:11:26.96	18:28	3.2mph	00:23:05.63
				Split 3		00:12:07.74	19:33	3.1mph	00:35:13.36
				Split 4		00:12:36.71	20:20	2.9mph	00:47:50.07
				Split 5		00:12:32.35	20:13	3.0mph	01:00:22.42
44	KATHLEEN FELDMAN	LINDENHURST, NY	F: 24	RUNNER	3132	01:00:26.35	19:29	3.1mph	Female Overall: 24
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:28.90		0.0mph	00:12:28.90
				Split 2		00:12:07.41	19:33	3.1mph	00:24:36.31
				Split 3		00:11:56.11	19:15	3.1mph	00:36:32.41
				Split 4		00:11:50.16	19:05	3.1mph	00:48:22.56
				Split 5		00:12:03.80	19:27	3.1mph	01:00:26.35
45	MARIO AREVALO		M: 21	RUNNER	3115	01:02:45.64	20:14	3.0mph	Male Overall: 21
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:26.70		0.0mph	00:12:26.70
				Split 2		00:12:06.67	19:32	3.1mph	00:24:33.36
				Split 3		00:12:43.84	20:32	2.9mph	00:37:17.20
				Split 4		00:12:46.11	20:35	2.9mph	00:50:03.31
				Split 5		00:12:42.34	20:29	2.9mph	01:02:45.64
46	ANGELICA MONTOYA		F: 25	RUNNER	3144	01:02:47.01	20:15	3.0mph	Female Overall: 25
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:26.94		0.0mph	00:12:26.94
				Split 2		00:12:06.64	19:31	3.1mph	00:24:33.57
				Split 3		00:12:44.47	20:33	2.9mph	00:37:18.04
				Split 4		00:12:46.23	20:35	2.9mph	00:50:04.27
				Split 5		00:12:42.75	20:30	2.9mph	01:02:47.01
47	MARY SCHMIDT	NEW YORK, NY	F: 26	RUNNER	3158	01:03:11.45	20:23	2.9mph	Female Overall: 26
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:51.22		0.0mph	00:12:51.22
				Split 2		00:12:33.32	20:15	3.0mph	00:25:24.53
				Split 3		00:12:17.20	19:49	3.0mph	00:37:41.72
				Split 4		00:12:28.16	20:06	3.0mph	00:50:09.88
				Split 5		00:13:01.57	21:00	2.9mph	01:03:11.45

5K RUN / WALK 4 LIFE

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
48	DIANE KNAUSMAN		F: 27	RUNNER	2992	01:03:11.74	20:23	2.9mph	Female Overall: 27
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:49.96		0.0mph	00:12:49.96
				Split 2		00:12:33.51	20:15	3.0mph	00:25:23.47
				Split 3		00:12:23.09	19:58	3.0mph	00:37:46.55
				Split 4		00:12:22.48	19:57	3.0mph	00:50:09.02
				Split 5		00:13:02.72	21:02	2.9mph	01:03:11.74
49	ALLEN ROTH	NEW YORK, NY	M: 22	RUNNER	3156	01:03:11.83	20:23	2.9mph	Male Overall: 22
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:50.91		0.0mph	00:12:50.91
				Split 2		00:12:33.32	20:15	3.0mph	00:25:24.23
				Split 3		00:12:23.08	19:58	3.0mph	00:37:47.30
				Split 4		00:12:22.79	19:58	3.0mph	00:50:10.09
				Split 5		00:13:01.75	21:00	2.9mph	01:03:11.83
50	GIUSEPPINA UBALDINI	ELMONT, NY	F: 28	RUNNER	3167	01:03:41.19	20:32	2.9mph	Female Overall: 28
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:12.08		0.0mph	00:11:12.08
				Split 2		00:10:36.89	17:07	3.5mph	00:21:48.96
				Split 3		00:10:39.67	17:11	3.5mph	00:32:28.63
				Split 4		00:10:27.99	16:52	3.6mph	00:42:56.61
				Split 5		00:20:44.58	33:27	1.8mph	01:03:41.19
51	ALFRED EUSINI		M: 23	RUNNER	3129	01:05:11.12	21:01	2.9mph	Male Overall: 23
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:38.02		0.0mph	00:12:38.02
				Split 2		00:12:43.67	20:31	2.9mph	00:25:21.68
				Split 3		00:13:02.37	21:01	2.9mph	00:38:24.04
				Split 4		00:13:29.90	21:46	2.8mph	00:51:53.94
				Split 5		00:13:17.18	21:25	2.8mph	01:05:11.12
52	CAROLE EUSINI		F: 29	RUNNER	3130	01:05:11.43	21:01	2.9mph	Female Overall: 29
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:38.30		0.0mph	00:12:38.30
				Split 2		00:12:43.89	20:32	2.9mph	00:25:22.19
				Split 3		00:13:03.35	21:03	2.8mph	00:38:25.54
				Split 4		00:13:29.19	21:45	2.8mph	00:51:54.72
				Split 5		00:13:16.71	21:25	2.8mph	01:05:11.43
53	JEANNE KEANE		F: 30	RUNNER	2991	01:06:01.75	21:17	2.8mph	Female Overall: 30
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:14.34		0.0mph	00:13:14.34
				Split 2		00:12:45.54	20:34	2.9mph	00:25:59.87
				Split 3		00:12:47.31	20:37	2.9mph	00:38:47.17
				Split 4		00:13:28.41	21:43	2.8mph	00:52:15.57
				Split 5		00:13:46.18	22:12	2.7mph	01:06:01.75
54	NOREEN ZEBROWSKI		F: 31	RUNNER	3007	01:06:02.00	21:18	2.8mph	Female Overall: 31
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:14.29		0.0mph	00:13:14.29
				Split 2		00:12:45.87	20:35	2.9mph	00:26:00.16
				Split 3		00:12:47.92	20:38	2.9mph	00:38:48.07
				Split 4		00:13:28.09	21:43	2.8mph	00:52:16.16
				Split 5		00:13:45.85	22:12	2.7mph	01:06:02.00
55	MARYANNE CLEARY	NEW YORK, NY	F: 32	RUNNER	3122	01:13:25.94	23:41	2.5mph	Female Overall: 32
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:13.28		0.0mph	00:13:13.28
				Split 2		00:12:49.88	20:41	2.9mph	00:26:03.16
				Split 3		00:26:11.19	42:14	1.4mph	00:52:14.35
				Split 4		00:13:45.49	22:11	2.7mph	01:05:59.84
				Split 5		00:07:26.11	11:59	5.0mph	01:13:25.94