SUPER MOM 5K

Place	e Name	Hometown	Gender	Туре	Bib#	Time	Pace	Speed	Division Rank
1	ALISON BRIGGS	COMMACK, NY	F: 1	RUNNER	2305	00:21:45.51	07:01	8.5mph	Female Overall: 1
2	JOSEPH VARELLO	BLOOMFIELD, NJ	M: 1	RUNNER	2418	00:21:59.26	07:05	8.5mph	Male Overall: 1
3	TAYLOR GREENE		F: 2	RUNNER	2141	00:23:25.35	07:33	7.9mph	Female Overall: 2
4	CHUCK OTTO	SAYVILLE, NY	M: 2	RUNNER	2374	00:23:26.66	07:33	7.9mph	Male Overall: 2
5	DANIEL VARELLO	BLOOMFIELD, NJ	M: 3	RUNNER	2416	00:23:52.59	07:42	7.8mph	Male Overall: 3
6	MICHAEL ZAFONTE		M: 4	RUNNER	2131	00:24:07.14	07:46	7.7mph	Male 45 - 49: 1
7	KRISTEN MIRACLE	ROCKY POINT, NY	F: 3	RUNNER	2365	00:26:18.42	08:29	7.1mph	Female Overall: 3
8	NANCY COOK	SHIRLEY, NY	F: 4	RUNNER	2316	00:26:41.28	08:36	7.0mph	Female 45 - 49: 1
9	SCOTT KOLIN	PATCHOGUE, NY	M: 5	RUNNER	2352	00:27:00.79	08:42	6.9mph	Male 45 - 49: 2
10	MELISSA BRAUNSHTEYN	EAST ISLIP, NY	F: 5	RUNNER	2302	00:27:04.26	08:43	6.9mph	Female 35 - 39: 1
11	KIMBERLY FLORDELIZA		F: 6	RUNNER	2101	00:27:13.57	08:46	6.8mph	Female 40 - 44: 1
12	JULIA TOLSON	IOLID TEDDA OF ANY	F: 7	RUNNER	2103	00:27:18.53	08:48	6.8mph	Female 25 - 29: 1
13	KATE FIORE	ISLIP TERRACE, NY	F: 8	RUNNER	2325	00:27:19.14	08:48	6.8mph	Female 35 - 39: 2
14	JACQUELINE AIELLO	LINDENHURST, NY	F: 9	RUNNER	2289	00:27:37.41	08:54	6.7mph	Female 35 - 39: 3
15	DENISE SHIELD	DIX HILLS, NY	F: 10	RUNNER	2399	00:28:10.99	09:05	6.6mph	Female 50 - 54: 1
16	JOANN VARELLO KELLY RINI	BLOOMFIELD, NJ	F: 11	RUNNER RUNNER	2417	00:28:43.04 00:28:49.76	09:15	6.5mph	Female 60 - 64: 1
17 18	STONE LOCKE	ISLIP TERRACE, NY	F: 12	RUNNER	2098 2356	00:28:49.76	09:17	6.5mph 6.3mph	Female 50 - 54: 2 Male 20 - 24: 1
19	LUIS PASTRANO	ISLIP TERRACE, INT	M: 6 M: 7	RUNNER	2142	00:29:17.76	09:27 09:28	6.3mph	Male 25 - 29: 1
20	HILARY SCARNATI	GREAT NECK, NY	F: 13	RUNNER	2396	00:29:20:36	09:20	6.3mph	Female 35 - 39: 4
21	ALYSSA FRANK	YAPHANK, NY	F. 13 F: 14	RUNNER	2326	00:29:29:36	09:45	6.1mph	Female 25 - 29: 2
22	DANIELLE HOLTMAN	DIX HILLS, NY	F: 15	RUNNER	2343	00:30:14.04	09:43	6.1mph	Female 40 - 44: 2
23	ALISON MCNICHOLAS	ISLIP TERRACE, NY	F: 16	RUNNER	2362	00:30:30.00	10:01	6.0mph	Female 35 - 39: 5
24	KAITLYN SAFINA	HOLBROOK, NY	F: 17	RUNNER	2394	00:31:11.45	10:03	6.0mph	Female 20 - 24: 1
25	SARAH BLOCH	COMMACK, NY	F: 18	RUNNER	2296	00:31:29.33	10:09	5.9mph	Female 45 - 49: 2
26	SHARON GATZ		F: 19	RUNNER	2102	00:31:49.76	10:16	5.8mph	Female 45 - 49: 3
27	JAMES POLLINA	FUQUAY VARINA, NC	M: 8	RUNNER	2386	00:32:01.68	10:19	5.8mph	Male 40 - 44: 1
28	DONNA MCCRORY	FARMINGDALE, NY	F: 20	RUNNER	2361	00:32:37.09	10:31	5.7mph	Female 35 - 39: 6
29	KIM SCHEPPS	COMMACK, NY	F: 21	RUNNER	2398	00:32:39.97	10:32	5.7mph	Female 45 - 49: 4
30	MELISSA GORDON	HUNTINGTON STATION, NY	F: 22	RUNNER	2338	00:32:40.14	10:32	5.7mph	Female 45 - 49: 5
31	DIANE ZIZZADORO	COMMACK, NY	F: 23	RUNNER	2428	00:32:42.61	10:33	5.7mph	Female 45 - 49: 6
32	YIZHI MENG	CENTEREACH, NY	F: 24	RUNNER	2363	00:32:53.31	10:36	5.7mph	Female 45 - 49: 7
33	DANIELLE KOLIN	PATCHOGUE, NY	F: 25	RUNNER	2351	00:33:08.05	10:41	5.6mph	Female 35 - 39: 7
34	LEANNE OWENS	REDDING, CT	F: 26	RUNNER	2375	00:33:15.34	10:43	5.6mph	Female 35 - 39: 8
35	AMANDA OLSEN	HOLBROOK, NY	F: 27	RUNNER	2373	00:33:15.81	10:43	5.6mph	Female 30 - 34: 1
36	KERRY HOWARD	WEST ISLIP, NY	F: 28	RUNNER	2345	00:33:20.99	10:45	5.6mph	Female 30 - 34: 2
37	TRENT HOWARD	WEST ISLIP, NY	M: 9	RUNNER	2346	00:33:28.50	10:47	5.6mph	Male 30 - 34: 1
38	REBECCA SURUJNARAIN	WEST ISLIP, NY	F: 29	RUNNER	2404	00:33:51.68	10:55	5.5mph	Female 30 - 34: 3
39	NICOLE SAMSON		F: 30	RUNNER	2100	00:34:02.76	10:58	5.5mph	Female 20 - 24: 2
40	JANAE VEGA	BAY SHORE, NY	F: 31	RUNNER	2419	00:34:03.78	10:59	5.5mph	Female 30 - 34: 4
41	DIANA SPINOSA	NORTH BABYLON, NY	F: 32	RUNNER	2402	00:34:11.35	11:01	5.4mph	Female 30 - 34: 5
42	KRISTIN PENMAN	MASTIC, NY	F: 33	RUNNER	2381	00:34:29.70	11:07	5.4mph	Female 30 - 34: 6
43	MEGHAN VENTURA	BAY SHORE, NY	F: 34	RUNNER	2420	00:34:30.53	11:07	5.4mph	Female 40 - 44: 3
44	ROBIN BLOSSER	GREENLAWN, NY	F: 35	RUNNER	2300	00:34:35.61	11:09	5.4mph	Female 55 - 59: 1
45	STEPHANIE CHILLEMI	HUNTINGTON STATION, NY	F: 36	RUNNER	2312	00:35:07.83	11:19	5.3mph	Female 35 - 39: 9
46	KRYSTLE RAFFERTY		F: 37	RUNNER	2110	00:35:15.43	11:22	5.3mph	Female 15 - 19: 1
47	ERIN GARVEY	FARMINGDALE, NY	F: 38	RUNNER	2330	00:35:21.30	11:24	5.3mph	Female 30 - 34: 7
48	NICOLE TREANOR	MELVILLE, NY	F: 39	RUNNER	2411	00:35:23.90	11:25	5.3mph	Female 45 - 49: 8
49	CHRISTINA JOHNSTON	HOLBROOK, NY	F: 40	RUNNER	2349	00:35:36.89	11:29	5.2mph	Female 35 - 39: 10
50	JILL CHIMERI	HOLBROOK, NY	F: 41	RUNNER	2313	00:35:43.79	11:31	5.2mph	Female 35 - 39: 11
51	AILEEN CRUZ		F: 42	RUNNER	2099	00:35:46.13	11:32	5.2mph	Female 50 - 54: 3
	NICOLE ZAFONTE		F: 43	RUNNER	2122	00:36:31.02	11:46	5.1mph	Female 35 - 39: 12
53	GEORGE GARCIA	STONY BROOK, NY	M: 10	RUNNER	2328	00:36:48.00	11:52	5.1mph	Male 60 - 64: 1
54	BRIDGETTE DELUCA	EAST ISLIP, NY	F: 44	RUNNER	2321	00:36:49.54	11:52	5.1mph	Female 25 - 29: 3
55	KRISTEN CARDILLO	HAUPPAUGE, NY	F: 45	RUNNER	2309	00:37:03.01	11:57	5.0mph	Female 30 - 34: 8
56	ELIZA ZIPPER	COMMACK, NY	F: 46	RUNNER	2427	00:37:05.83	11:58	5.0mph	Female 40 - 44: 4
57	ERICA SWENSON	RONKONKOMA, NY	F: 47	RUNNER	2407	00:37:42.22	12:09	4.9mph	Female 35 - 39: 13
	ALEXA BENITEZ	ISLIP TERRACE, NY	F: 48	RUNNER	2293	00:37:50.61	12:12		Female 20 - 24: 3
59 60	TERESA DICARLO SANDY KYRKOSTAS	EAST ISLIP, NY	F: 49 F: 50	RUNNER RUNNER	2323 2353	00:37:54.48	12:13	4.9mph	Female 50 - 54: 4
	SANDI KIKKOSIAS	MILLER PLACE, NY		d. 5/15/2023		00:38:03.80	12:16	4.9mph	Female 55 - 59: 2

Strong Island Running Club Printed: 5/15/2023 2:19:48 PM Page: 1 of 3

SUPER MOM 5K

Disco	Nama	Hamataum	0	T	D:L #	T:	Dana	C	Division Bonk
	Name MEREDITH BUSHMAN	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
_		STONY BROOK, NY	F: 51	RUNNER	2308	00:38:11.76	12:19	4.9mph	Female 20 - 24: 4
62	CORTLYN HOOTEN	SMITHTOWN, NY	F: 52	RUNNER	2344	00:38:22.05	12:22	4.8mph	Female 25 - 29: 4
63	LYNN MIRACLE	JACKSONVILLE, NC	M: 11	RUNNER	2366	00:38:44.59	12:29	4.8mph	Male 35 - 39: 1
64	HOPE ROONEY	EAST ISLIP, NY	F: 53	RUNNER	2391	00:39:14.58	12:39	4.7mph	Female 55 - 59: 3
65	EMEE REES	WANTAGHWANTAGH , NY	F: 54	RUNNER	2389	00:39:17.51	12:40	4.7mph	Female 30 - 34: 9
66	DANIELLE OCCHIUTO	KINGS PARK, NY	F: 55	RUNNER	2371	00:39:37.72	12:47	4.7mph	Female 30 - 34: 10
67	JEANNETTE MORALES	MANORVILLE, NY	F: 56	RUNNER	2367	00:40:35.29	13:05	4.6mph	Female 50 - 54: 5
68	DEBORAH HOLLAND	MASSAPEQUA, NY	F: 57	RUNNER	2342	00:40:39.90	13:07	4.6mph	Female 65 - 69: 1
69	CHELSEA QUINN	MASSAPEQUA, NY	F: 58	RUNNER	2387	00:40:40.12	13:07	4.6mph	Female 35 - 39: 14
70	WILLIAM QUINN	MASSAPEQUA, NY	M: 12	RUNNER	2388	00:40:40.84	13:07	4.6mph	Male 35 - 39: 2
71	HERBERT BROWN	EAST ISLIP, NY	M: 13	RUNNER	2307	00:41:14.38	13:18	4.5mph	Male 40 - 44: 2
72	LINDA SIMON	JERICHO, NY	F: 59	RUNNER	2400	00:41:26.27	13:22	4.5mph	Female 65 - 69: 2
73	GINA ZICCARDI	EAST ISLIP, NY	F: 60	RUNNER	2426	00:42:15.91	13:38	4.4mph	Female 30 - 34: 11
74	BETH SANTAGATA	HOLBROOK, NY	F: 61	RUNNER	2395	00:42:22.33	13:40	4.4mph	Female 45 - 49: 9
75	AMENHOFIS RUIZ	·	M: 14	RUNNER	2082	00:42:23.01	13:40	4.4mph	Male 20 - 24: 2
76	BRANT BROWN	EAST ISLIP, NY	M: 15	RUNNER	2306	00:42:30.01	13:42	4.4mph	Male 75 - 79: 1
77	MARI ANNE DELLAMONICA	,	F: 62	RUNNER	2320	00:42:47.71	13:48	4.3mph	Female 55 - 59: 4
78	DAWN BRENNAN	LEVITTOWN, NY	F: 63	RUNNER	2304	00:43:01.89	13:52	4.3mph	Female 50 - 54: 6
79	PAIGE MANNINO	BAYSHORE, NY	F: 64	RUNNER	2360	00:43:33.41	14:03	4.3mph	Female 15 - 19: 2
80	AMY MANNINO	BAY SHORE, NY	F: 65	RUNNER	2359	00:43:43.27	14:06	4.3mph	Female 45 - 49: 10
81	DOMINIQUE DALY	WEST ISLIP, NY	F: 66	RUNNER	2318	00:43:56.22	14:10	4.2mph	Female 35 - 39: 15
82	DANA RYAN	JUPITER, NY	F: 67	RUNNER	2393	00:44:11.10	14:15	4.2mph	Female 35 - 39: 16
83	LAUREN WANICH	LINDENHURST, NY	F: 68	RUNNER	2422	00:44:11.92	14:15	4.2mph	Female 30 - 34: 12
84	DIANNE LYNCH	MASSAPEQUA, NY	F: 69	RUNNER	2358	00:44:55.33	14:29	4.1mph	Female 50 - 54: 7
85	KRISTIN HODULICK	ISLIP, NY	F: 70	RUNNER	2341	00:45:34.97	14:42	4.1mph	Female 45 - 49: 12
86	TINA BODKIN	LEVITTOWN, NY	F: 71	RUNNER	2301	00:45:34.97	14:42	4.1mph	Female 45 - 49: 11
87	MICHAEL DICARLO	EAST ISLIP, NY	M: 16	RUNNER	2322	00:45:37.07	14:42	4.1mph	Male 50 - 54: 1
88	JENNIFER GRILLO	HOLBROOK, NY	F: 72	RUNNER	2339	00:45:42.69	14:44	4.1mph	Female 50 - 54: 8
89	KATHLEEN COLOSI	EAST ISLIP, NY	F: 73	RUNNER	2314	00:43:42.09	15:39	3.8mph	Female 65 - 69: 3
90	GEORGE CORONA	BAYSIDE, NY	M: 17	RUNNER	2317	00:40:32.71	16:12	3.7mph	Male 50 - 54: 2
91	MARINA PERRETTI	BOHEMIA, NY	F: 74	RUNNER	2382	00:50:13.67	16:12	3.7mph	Female 55 - 59: 5
92	DENISE PADILLA	BAYSIDE, NY	F: 75	RUNNER	2377	00:50:13.07	16:16	3.7mph	Female 50 - 54: 9
-	AMADA RODRIGUEZ-	BOHEMIA, NY	F: 76	RUNNER	2390	00:50:26.76	16:55	3.7mph	Female 55 - 59: 6
90	O'CONNOR	DOTILIMIA, INT	1.70	KONNEK	2330	00.32.20.03	10.55		i emale 33 - 39. 0
94	BRENDA GEBHART	RIDGE, NY	F: 77	RUNNER	2332	00:52:42.59	17:00	3.5mph	Female 25 - 29: 5
95	KATIE THELIAN	MINEOLA, NY	F: 78	RUNNER	2408	00:55:10.27	17:47	3.4mph	Female 40 - 44: 5
96	NATALIE NIEMCZYK	HOLBROOK, NY	F: 79	RUNNER	2370	00:55:10.95	17:48	3.4mph	Female 35 - 39: 17
97	DONNA SIMS	HOLBROOK, NY	F: 80	RUNNER	2401	00:55:11.81	17:48	3.4mph	Female 60 - 64: 2
98	JENNIFER TOLSON		F: 81	RUNNER	2104	00:55:22.09	17:51	3.4mph	Female 45 - 49: 13
99	BETH GARVEY	FARMINGDALE, NY	F: 82	RUNNER	2329	00:55:28.08	17:53	3.4mph	Female 60 - 64: 3
100	ADRIENNE SIMPSON		F: 83	RUNNER	2105	00:55:28.15	17:53	3.4mph	Female 65 - 69: 4
101	ERICA DINUZZO	LEVITTOWN, NY	F: 84	RUNNER	2324	00:55:42.56	17:58	3.3mph	Female 30 - 34: 13
102	SAMANTHA BRAVO	PLAINVIEW, NY	F: 85	RUNNER	2303	00:55:43.29	17:58	3.3mph	Female 30 - 34: 14
103	ROBIN STEVENS	EAST SETAUKET, NY	F: 86	RUNNER	2403	00:56:05.86	18:05	3.3mph	Female 60 - 64: 4
104	ASHLEY RUBIN	EAST SETAUKET, NY	F: 87	RUNNER	2392	00:56:08.62	18:06	3.3mph	Female 30 - 34: 15
105	ANNMARIE GARCIA	STONY BROOK, NY	F: 88	RUNNER	2327	00:56:55.76	18:21	3.3mph	Female 60 - 64: 5
106	MADISON ZAFONTE		F: 89	RUNNER	2229	00:56:56.68	18:22	3.3mph	Female 20 - 24: 5
107	GRACE PILEGGI	MILLER PLACE, NY	F: 90	RUNNER	2385	00:57:38.30	18:35	3.2mph	Female 25 - 29: 6
108	PATRICIA BENNETT	HOLBROOK, NY	F: 91	RUNNER	2295	00:57:39.85	18:36	3.2mph	Female 25 - 29: 7
109	ALEX BENNETT	HOLBROOK, NY	M: 18	RUNNER	2294	00:57:41.27	18:36	3.2mph	Male 30 - 34: 2
110	KERI HAND	CENTEREACH, NY	F: 92	RUNNER	2340	00:58:15.25	18:47	3.2mph	Female 40 - 44: 6
111	EUGENIA CONROY	WEST ISLIP, NY	F: 93	RUNNER	2315	00:58:15.66	18:47	3.2mph	Female 50 - 54: 10
112	VANESSA LODATO	BAY SHORE, NY	F: 94	RUNNER	2357	01:00:49.62	19:37	3.1mph	Female 45 - 49: 14
113	SOPHIA GIAMBRONE	BAY SHORE, NY	F: 95	RUNNER	2336	01:00:50.11	19:37	3.1mph	Female 50 - 54: 11
114	MARCIA IPPOLITO	BAY SHORE, NY	F: 96	RUNNER	2347	01:00:50.33	19:37	3.1mph	Female 45 - 49: 15
	ERIKA GASS	LINDENHURST, NY	F: 97	RUNNER	2331	01:01:51.47	19:57	3.0mph	Female 35 - 39: 18
	LAUREN VESELY	DEER PARK, NY	F: 98	RUNNER	2421	01:01:51.53	19:57	3.0mph	Female 35 - 39: 19
	KIMBERLY GILANI	COMMACK, NY	F: 99	RUNNER	2337	01:01:52.34	19:57	3.0mph	Female 35 - 39: 20
	ELIZABETH YOUNG	CENTEREACH, NY	F: 100	RUNNER	2425	01:05:59.85	21:17	2.8mph	Female 25 - 29: 8
	SAMANTHA CERCONE	HOLBROOK, NY	F: 101	RUNNER	2310	01:06:01.70	21:17	2.8mph	Female 25 - 29: 9
	LORRAINE GIACOPELLI	BELLMORE, NY	F: 102	RUNNER	2335	01:06:09.16	21:20	2.8mph	Female 65 - 69: 5
	LAURA PELLEGRINO	BAY SHORE, NY	F: 103	RUNNER	2380	01:06:09.98	21:20	2.8mph	Female 30 - 34: 16
	Island Running Club			d: 5/15/2023 2					Page: 2 of 3

Strong Island Running Club Printed: 5/15/2023 2:19:48 PM Page: 2 of 3

SUPER MOM 5K

Place Name Hometown		Gender	Type	Bib#	Time	Pace	Speed	Division Rank
122 LORETTA CHILLEMI	BABYLON, NY	F: 104	RUNNER	2311	01:07:17.91	21:42	2.8mph	Female 70 - 74: 1
123 MIGUEL JOHNSON		M: 19	RUNNER	2111	01:25:18.92	27:31	2.2mph	Male 45 - 49: 3
124 NATALIA JOHNSON	ISLANDIA, NY	F: 105	RUNNER	2348	01:25:21.32	27:32	2.2mph	Female 40 - 44: 7
125 LISA RAFFERTY		F: 106	RUNNER	2109	01:25:36.53	27:36	2.2mph	Female 45 - 49: 16
126 ALEXANDRA NARDUCCI	SELDEN, NY	F: 107	RUNNER	2368	01:35:54.44	30:56	1.9mph	Female 30 - 34: 17
127 JOANN TURKOVICH	LEVITTOWN, NY	F: 108	RUNNER	2413	01:35:54.55	30:56	1.9mph	Female 55 - 59: 7
128 JULIA ALAMO	RONKONKOMA, NY	F: 109	RUNNER	2290	01:35:54.64	30:56	1.9mph	Female 30 - 34: 18
129 LARISA MINARDI	CENTEREACH, NY	F: 110	RUNNER	2364	01:35:55.93	30:56	1.9mph	Female 30 - 34: 19
130 NANCY SURVILLA	WEST ISLIP, NY	F: 111	RUNNER	2405	01:37:39.53	31:30	1.9mph	Female 55 - 59: 8
131 ALLISON SCAVELLI	PATCHOGUE, NY	F: 112	RUNNER	2397	01:37:44.22	31:31	1.9mph	Female 65 - 69: 6

Strong Island Running Club Printed: 5/15/2023 2:19:48 PM Page: 3 of 3