

RUN4LIFE 5K (IN-PERSON: LONG ISLAND)

Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	MICHAEL DEGORE	MOUNT SINAI, NY	M: 1	RUNNER	2277	00:21:13.49	06:50	8.8mph	Male Overall: 1
2	BOB KUJAWSKI	CUTCHOGUE, NY	M: 2	RUNNER	2298	00:21:33.43	06:57	8.6mph	Male Overall: 2
3	PATRICK TUNSTEAD	EAST SETAUKET, NY	M: 3	RUNNER	2324	00:21:48.92	07:02	8.5mph	Male Overall: 3
4	LARRY HUGHES	MEDFORD, NY	M: 4	RUNNER	2292	00:23:11.15	07:28	8.0mph	Male Overall: 4
5	SASHA KEMNITZER	PORT JEFFERSON, NY	F: 1	RUNNER	2297	00:23:23.71	07:32	8.0mph	Female Overall: 1
6	CARMINE GIRONDA	EAST SETAUKET, NY	M: 5	RUNNER	2284	00:24:15.01	07:49	7.7mph	Male Overall: 5
7	KATE GIRONDA	EAST SETAUKET, NY	F: 2	RUNNER	2286	00:24:42.88	07:58	7.5mph	Female Overall: 2
8	LIAM MAUSER	STONY BROOK, NY	M: 6	RUNNER	2305	00:24:45.42	07:59	7.5mph	Male Overall: 6
9	BRETT MAUSER	STONY BROOK, NY	M: 7	RUNNER	2303	00:24:48.59	08:00	7.5mph	Male Overall: 7
10	SAGE JONES	WADING RIVER, NY	F: 3	RUNNER	2296	00:25:02.02	08:04	7.4mph	Female Overall: 3
11	DENNIS SCRUGGS	MOUNT SINAI, NY	M: 8	RUNNER	2317	00:25:21.10	08:10	7.3mph	Male Overall: 8
12	KYLE CARPENTER	NESCONSET, NY	M: 9	RUNNER	2273	00:26:00.05	08:23	7.2mph	Male Overall: 9
13	JOSHUA MEDINA (MAKING WAVES '24)	RIVERHEAD, NY	M: 10	RUNNER	2308	00:26:20.68	08:29	7.1mph	Male Overall: 10
14	JACK BRADLEY	FLORHAM PARK, NJ	M: 11	RUNNER	2271	00:27:14.31	08:47	6.8mph	Male Overall: 11
15	RICHARD HUGHES	PATCHOGUE, NY	M: 12	RUNNER	2294	00:27:37.21	08:54	6.7mph	Male Overall: 12
16	MADISEN SIEGEL	QUOGUE, NY	F: 4	RUNNER	2319	00:27:59.29	09:01	6.6mph	:
17	JAMES VERNEY	MOUNT SINAI, NY	M: 13	RUNNER	2328	00:28:10.08	09:05	6.6mph	Male Overall: 13
18	REBECCA MACKAY (MACKAY FAMILY)	SHOREHAM, NY	F: 5	RUNNER	2301	00:29:14.45	09:25	6.4mph	:
19	DONALD MACKAY (MACKAY FAMILY)	SHOREHAM, NY	M: 14	RUNNER	2300	00:29:15.44	09:26	6.4mph	Male Overall: 14
20	LAWRENCE HUGHES SR	MASTIC BEACH, NY	M: 15	RUNNER	2295	00:29:57.54	09:39	6.2mph	Male Overall: 15
21	PETER TUNSTEAD	EAST SETAUKET, NY	M: 16	RUNNER	2325	00:30:08.57	09:43	6.2mph	Male Overall: 16
22	CESIS MEDINA (MAKING WAVES '24)	RIVERHEAD, NY	F: 6	RUNNER	2307	00:30:40.31	09:53	6.1mph	:
23	JUSTIN MINERVA	WEST ISLIP, NY	M: 17	RUNNER	2310	00:31:42.97	10:13	5.9mph	Male Overall: 17
24	DAVID CANDELA	MOUNT SINAI, NY	M: 18	RUNNER	2272	00:32:02.06	10:20	5.8mph	Male Overall: 18
25	FRANCIS SENERCHIA	MOUNT SINAI, NY	M: 19	RUNNER	2318	00:32:03.03	10:20	5.8mph	Male Overall: 19
26	SCOTT DOLAN	MOUNT SINAI, NY	M: 20	RUNNER	2279	00:32:12.28	10:23	5.8mph	Male Overall: 20
27	MICHELE SIEGEL	EAST SETAUKET, NY	F: 7	RUNNER	2320	00:33:41.59	10:52	5.5mph	:
28	MELISSA TUNSTEAD	EAST SETAUKET, NY	F: 8	RUNNER	2323	00:33:41.83	10:52	5.5mph	:
29	HALEY MAUSER	STONY BROOK, NY	F: 9	RUNNER	2304	00:33:42.98	10:52	5.5mph	0 - 17: 6
30	ALLISON MAUSER	STONY BROOK, NY	F: 10	RUNNER	2302	00:33:44.30	10:53	5.5mph	:
31	MICHAEL MILLER	MOUNT SINAI, NY	M: 21	RUNNER	2309	00:35:06.25	11:19	5.3mph	Male Overall: 21
32	KAREN OLIVER	RIDGE, NY	F: 11	RUNNER	2312	00:35:27.75	11:26	5.2mph	:
33	LARRY HUGHES	MEDFORD, NY	M: 22	RUNNER	2293	00:37:48.13	12:11	4.9mph	Male Overall: 22
34	THOMAS TUNSTEAD	EAST SETAUKET, NY	M: 23	RUNNER	2326	00:38:22.12	12:22	4.8mph	Male Overall: 23
35	ZACHARY MAUSER	STONY BROOK, NY	M: 24	RUNNER	2306	00:38:26.37	12:23	4.8mph	Male Overall: 24
36	HALLIE KUJAWSKI	CUTCHOGUE, NY	F: 12	RUNNER	2299	00:38:52.50	12:32	4.8mph	:
37	KELLY FERTIG		F: 13	RUNNER	1692	00:39:22.57	12:42	4.7mph	:
38	SOFIA CLEMENTS	COMMACK, NY	F: 14	RUNNER	2275	00:39:22.94	12:42	4.7mph	:
39	JORDAN FERTIG	COMMACK, NY	M: 25	RUNNER	2280	00:39:24.46	12:42	4.7mph	Male Overall: 25
40	BEATRIZ ACEVEDO		F: 15	RUNNER	1664	00:41:26.34	13:22	4.5mph	:
41	CONNIE HAVENS	EASTPORT, NY	F: 16	RUNNER	2290	00:41:30.35	13:23	4.5mph	:
42	LUCY GIRONDA	SMITHTOWN, NY	F: 17	RUNNER	2288	00:42:13.79	13:37	4.4mph	:
43	CATHERINE GIRONDA	SMITHTOWN, NY	F: 18	RUNNER	2285	00:42:15.02	13:37	4.4mph	:
44	ISHMAEL MOHAMMED	MOUNT SINAI, NY	M: 26	RUNNER	2311	00:44:03.67	14:12	4.2mph	Male Overall: 26
45	JACOB DELEON	MOUNT SINAI, NY	M: 27	RUNNER	2278	00:46:43.88	15:04	4.0mph	Male Overall: 27
46	JOSEPH FOLKS	MEDFORD, NY	M: 28	RUNNER	2282	00:47:45.96	15:24	3.9mph	Male Overall: 28
47	BOB ARNOLD (TEAM CONDOR)	ROCKVILLE CENTRE, NY	M: 29	RUNNER	2270	00:57:05.16	18:24	3.3mph	Male Overall: 29
48	DONNA R (TEAM CONDOR)	ROCKVILLE CENTRE, NY	F: 19	RUNNER	2315	00:57:09.07	18:26	3.3mph	: