

5K RUN / WALK 4 LIFE

Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	CLARK ANDERSON	ROMEOVILLE, IL	M: 1	RUNNER	2	00:20:13.90	06:31	9.2mph	Male Overall: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:03:45.41		0.0mph	00:03:45.41
				Split 2		00:03:58.41	06:24	9.4mph	00:07:43.82
				Split 3		00:04:07.30	06:38	9.0mph	00:11:51.11
				Split 4		00:04:16.09	06:53	8.7mph	00:16:07.19
				Split 5		00:04:06.72	06:37	9.0mph	00:20:13.90
2	UNA BRODERICK	WANTAGH, NY	F: 1	RUNNER	11	00:21:16.43	06:51	8.7mph	Female Overall: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:03:56.85		0.0mph	00:03:56.85
				Split 2		00:04:12.78	06:47	8.8mph	00:08:09.63
				Split 3		00:04:26.08	07:09	8.4mph	00:12:35.70
				Split 4		00:04:23.47	07:04	8.5mph	00:16:59.16
				Split 5		00:04:17.27	06:54	8.7mph	00:21:16.43
3	JAMES PYUN	EAST NORTHPORT, NY	M: 2	RUNNER	52	00:21:52.45	07:03	8.5mph	Male Overall: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:04:12.21		0.0mph	00:04:12.21
				Split 2		00:04:32.02	07:18	8.2mph	00:08:44.23
				Split 3		00:04:32.69	07:19	8.2mph	00:13:16.91
				Split 4		00:04:27.34	07:11	8.3mph	00:17:44.25
				Split 5		00:04:08.20	06:40	9.0mph	00:21:52.45
4	BRENDAN ROGERS (NOTRE DAME RESPECT LIF)	GARDEN CITY PARK, NY	M: 3	RUNNER	56	00:21:58.70	07:05	8.5mph	Male Overall: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:03:59.31		0.0mph	00:03:59.31
				Split 2		00:04:26.25	07:09	8.4mph	00:08:25.55
				Split 3		00:04:39.31	07:30	8.0mph	00:13:04.86
				Split 4		00:04:37.12	07:26	8.1mph	00:17:41.97
				Split 5		00:04:16.73	06:54	8.7mph	00:21:58.70
5	ROB JONES		M: 4	RUNNER	80	00:22:52.27	07:22	8.1mph	Male Overall: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:04:25.43		0.0mph	00:04:25.43
				Split 2		00:04:33.90	07:21	8.1mph	00:08:59.33
				Split 3		00:04:34.88	07:23	8.1mph	00:13:34.20
				Split 4		00:04:42.82	07:36	7.9mph	00:18:17.01
				Split 5		00:04:35.26	07:23	8.1mph	00:22:52.27
6	STEVEN MCCLERNON	HOLBROOK, NY	M: 5	RUNNER	45	00:24:40.55	07:57	7.5mph	Male Overall: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:05:24.62		0.0mph	00:05:24.62
				Split 2		00:04:35.60	07:24	8.1mph	00:10:00.21
				Split 3		00:04:36.14	07:25	8.1mph	00:14:36.35
				Split 4		00:04:58.29	08:01	7.5mph	00:19:34.64
				Split 5		00:05:05.91	08:13	7.3mph	00:24:40.55
7	MARYANNE CLEARY	NEW YORK, NY	F: 2	RUNNER	16	00:26:37.11	08:35	7.0mph	Female Overall: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:05:07.55		0.0mph	00:05:07.55
				Split 2		00:05:10.30	08:20	7.2mph	00:10:17.84
				Split 3		00:05:18.21	08:33	7.0mph	00:15:36.05
				Split 4		00:05:32.36	08:56	6.7mph	00:21:08.40
				Split 5		00:05:28.71	08:50	6.8mph	00:26:37.11
8	KYLE CARPENTER	MASSAPEQUA, NY	M: 6	RUNNER	15	00:27:58.19	09:01	6.7mph	Male Overall: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:03.95		0.0mph	00:06:03.95
				Split 2		00:05:21.19	08:38	6.9mph	00:11:25.13
				Split 3		00:05:31.92	08:55	6.7mph	00:16:57.05
				Split 4		00:05:33.74	08:58	6.7mph	00:22:30.78
				Split 5		00:05:27.41	08:48	6.8mph	00:27:58.19
9	REBECCA MACKAY (MAC KAY FAMILY)	SHOREHAM, NY	F: 3	RUNNER	39	00:28:03.33	09:03	6.6mph	Female Overall: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:04:49.01		0.0mph	00:04:49.01
				Split 2		00:05:25.28	08:44	6.9mph	00:10:14.28
				Split 3		00:05:43.61	09:14	6.5mph	00:15:57.89
				Split 4		00:05:53.77	09:30	6.3mph	00:21:51.66
				Split 5		00:06:11.68	09:59	6.0mph	00:28:03.33

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10	DONALD MACKAY (MAC KAYSHOREHAM, NY FAMILY)		M: 7	RUNNER	38	00:28:06.14	09:03	6.6mph	Male Overall: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:04:51.18		0.0mph	00:04:51.18
				Split 2		00:05:29.30	08:51	6.8mph	00:10:20.47
				Split 3		00:05:59.57	09:39	6.2mph	00:16:20.04
				Split 4		00:05:58.14	09:37	6.2mph	00:22:18.18
				Split 5		00:05:47.96	09:21	6.4mph	00:28:06.14
11	LORI GARGARO	BAY SHORE, NY	F: 4	RUNNER	28	00:28:42.09	09:15	6.5mph	Female Overall: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:05:41.09		0.0mph	00:05:41.09
				Split 2		00:05:33.51	08:57	6.7mph	00:11:14.59
				Split 3		00:05:40.55	09:09	6.6mph	00:16:55.14
				Split 4		00:05:51.69	09:27	6.3mph	00:22:46.83
				Split 5		00:05:55.26	09:32	6.3mph	00:28:42.09
12	JAMES VORBACH	HAUPPAUGE, NY	M: 8	RUNNER	63	00:28:44.67	09:16	6.5mph	Male Overall: 8
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:05:56.79		0.0mph	00:05:56.79
				Split 2		00:05:47.41	09:20	6.4mph	00:11:44.19
				Split 3		00:05:44.15	09:15	6.5mph	00:17:28.34
				Split 4		00:05:45.21	09:16	6.5mph	00:23:13.54
				Split 5		00:05:31.14	08:54	6.7mph	00:28:44.67
13	ROSE CONNOLLY	SOUTHOLD, NY	F: 5	RUNNER	18	00:29:02.80	09:22	6.4mph	Female Overall: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:05:22.17		0.0mph	00:05:22.17
				Split 2		00:05:40.84	09:09	6.5mph	00:11:03.01
				Split 3		00:05:50.37	09:25	6.4mph	00:16:53.38
				Split 4		00:06:05.42	09:49	6.1mph	00:22:58.79
				Split 5		00:06:04.01	09:47	6.1mph	00:29:02.80
14	CALEIGH HOPKINS	FRANKLIN SQUARE, NY	F: 6	RUNNER	30	00:29:35.05	09:32	6.3mph	Female Overall: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:00.54		0.0mph	00:06:00.54
				Split 2		00:05:59.92	09:40	6.2mph	00:12:00.46
				Split 3		00:05:59.44	09:39	6.2mph	00:17:59.89
				Split 4		00:05:49.80	09:24	6.4mph	00:23:49.69
				Split 5		00:05:45.37	09:17	6.5mph	00:29:35.05
15	ELLA LAPHAM	WEST HEMPSTEAD, NY	F: 7	RUNNER	35	00:29:35.13	09:32	6.3mph	Female Overall: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:00.97		0.0mph	00:06:00.97
				Split 2		00:05:59.70	09:40	6.2mph	00:12:00.66
				Split 3		00:05:59.65	09:40	6.2mph	00:18:00.31
				Split 4		00:05:49.89	09:24	6.4mph	00:23:50.19
				Split 5		00:05:44.95	09:16	6.5mph	00:29:35.13
16	AIDAN MCBRIEN	BELLMORE, NY	M: 9	RUNNER	43	00:30:24.95	09:48	6.1mph	Male Overall: 9
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:05:24.91		0.0mph	00:05:24.91
				Split 2		00:05:06.28	08:13	7.3mph	00:10:31.19
				Split 3		00:06:49.09	10:59	5.5mph	00:17:20.27
				Split 4		00:06:09.81	09:56	6.0mph	00:23:30.07
				Split 5		00:06:54.89	11:09	5.4mph	00:30:24.95
17	RUTH MACKAY (MAC KAY FAMILY)	SHOREHAM, NY	F: 8	RUNNER	40	00:33:02.94	10:39	5.6mph	Female Overall: 8
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:26.09		0.0mph	00:06:26.09
				Split 2		00:06:11.57	09:59	6.0mph	00:12:37.65
				Split 3		00:06:24.83	10:20	5.8mph	00:19:02.48
				Split 4		00:07:03.13	11:22	5.3mph	00:26:05.60
				Split 5		00:06:57.35	11:13	5.3mph	00:33:02.94
18	GENEVIEVE MARDAREWICH (NOTRE DAME RESPECT LIF)	NEW HYDE PARK, NY	F: 9	RUNNER	422	00:34:48.78	11:13	5.3mph	Female Overall: 9
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:07:02.50		0.0mph	00:07:02.50
				Split 2		00:07:00.34	11:17	5.3mph	00:14:02.84
				Split 3		00:07:07.54	11:29	5.2mph	00:21:10.37
				Split 4		00:06:52.09	11:04	5.4mph	00:28:02.45
				Split 5		00:06:46.34	10:55	5.5mph	00:34:48.78

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Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
19	CHRISTOPHER CONLON	SEAFORD, NY	M: 10	RUNNER	17	00:35:57.72	11:36	5.2mph	Male Overall: 10
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:26.40		0.0mph	00:06:26.40
				Split 2		00:07:07.40	11:29	5.2mph	00:13:33.80
				Split 3		00:07:33.28	12:11	4.9mph	00:21:07.08
				Split 4		00:07:26.86	12:00	5.0mph	00:28:33.93
				Split 5		00:07:23.79	11:55	5.0mph	00:35:57.72
20	DARIAN CARLOVICH	BELLMORE, NY	F: 10	RUNNER	14	00:35:58.13	11:36	5.2mph	Female Overall: 10
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:26.83		0.0mph	00:06:26.83
				Split 2		00:07:07.30	11:29	5.2mph	00:13:34.12
				Split 3		00:07:33.48	12:11	4.9mph	00:21:07.59
				Split 4		00:07:26.87	12:00	5.0mph	00:28:34.45
				Split 5		00:07:23.68	11:55	5.0mph	00:35:58.13
21	MARY ROCCANOVA	HICKSVILLE, NY	F: 11	RUNNER	55	00:36:37.88	11:48	5.1mph	Female Overall: 11
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:07:18.93		0.0mph	00:07:18.93
				Split 2		00:07:30.04	12:05	5.0mph	00:14:48.96
				Split 3		00:07:32.48	12:09	4.9mph	00:22:21.44
				Split 4		00:07:17.88	11:46	5.1mph	00:29:39.31
				Split 5		00:06:58.57	11:15	5.3mph	00:36:37.88
22	CHRISTINA LUBOJA (NOTRENEW HYDE PARK, DAME RESPECT LIF)	NY	F: 12	RUNNER	37	00:36:51.34	11:53	5.0mph	Female Overall: 12
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:07:02.91		0.0mph	00:07:02.91
				Split 2		00:07:00.23	11:17	5.3mph	00:14:03.14
				Split 3		00:07:09.04	11:31	5.2mph	00:21:12.17
				Split 4		00:07:40.91	12:23	4.8mph	00:28:53.08
				Split 5		00:07:58.27	12:51	4.7mph	00:36:51.34
23	THOMAS KENNEDY	AMITYVILLE, NY	M: 11	RUNNER	34	00:38:18.45	12:21	4.9mph	Male Overall: 11
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:07:22.80		0.0mph	00:07:22.80
				Split 2		00:07:22.86	11:54	5.0mph	00:14:45.66
				Split 3		00:07:36.80	12:16	4.9mph	00:22:22.45
				Split 4		00:08:01.55	12:56	4.6mph	00:30:23.99
				Split 5		00:07:54.46	12:45	4.7mph	00:38:18.45
24	STEVEN COLANTOUNO		M: 12	RUNNER	84	00:39:48.77	12:50	4.7mph	Male Overall: 12
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:07:31.08		0.0mph	00:07:31.08
				Split 2		00:07:01.80	11:20	5.3mph	00:14:32.88
				Split 3		00:10:55.41	17:37	3.4mph	00:25:28.28
				Split 4		00:07:13.54	11:39	5.1mph	00:32:41.81
				Split 5		00:07:06.96	11:28	5.2mph	00:39:48.77
25	GIOVANNA COLANTUONO		F: 13	RUNNER	83	00:39:49.35	12:50	4.7mph	Female Overall: 13
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:07:30.01		0.0mph	00:07:30.01
				Split 2		00:07:02.20	11:20	5.3mph	00:14:32.20
				Split 3		00:10:55.87	17:37	3.4mph	00:25:28.07
				Split 4		00:07:12.38	11:37	5.2mph	00:32:40.45
				Split 5		00:07:08.91	11:31	5.2mph	00:39:49.35
26	KYLE BARBEAU	MASSAPEQUA PARK, NY	M: 13	RUNNER	9	00:40:28.25	13:03	4.6mph	Male Overall: 13
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:08:21.62		0.0mph	00:08:21.62
				Split 2		00:08:21.75	13:29	4.4mph	00:16:43.36
				Split 3		00:08:20.94	13:27	4.5mph	00:25:04.30
				Split 4		00:08:17.63	13:22	4.5mph	00:33:21.92
				Split 5		00:07:06.33	11:27	5.2mph	00:40:28.25
27	TERRY BARBEAU	MASSAPEQUA PARK, NY	M: 14	RUNNER	10	00:40:56.52	13:12	4.5mph	Male Overall: 14
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:08:21.19		0.0mph	00:08:21.19
				Split 2		00:08:21.15	13:28	4.5mph	00:16:42.33
				Split 3		00:08:20.72	13:27	4.5mph	00:25:03.04
				Split 4		00:08:18.39	13:23	4.5mph	00:33:21.43
				Split 5		00:07:35.10	12:14	4.9mph	00:40:56.52

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28	LUCIANO PIZARRO		M: 15	RUNNER	72	00:42:10.12	13:36	4.4mph	Male Overall: 15
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:27.66		0.0mph	00:06:27.66
				Split 2		00:07:08.59	11:31	5.2mph	00:13:36.25
				Split 3		00:08:10.00	13:10	4.6mph	00:21:46.25
				Split 4		00:08:40.55	13:59	4.3mph	00:30:26.80
				Split 5		00:11:43.33	18:54	3.2mph	00:42:10.12
29	CALLUM OSHAUGHNESSY		M: 16	RUNNER	86	00:43:31.92	14:02	4.3mph	Male Overall: 16
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:37.11		0.0mph	00:12:37.11
				Split 2		00:06:44.75	10:52	5.5mph	00:19:21.86
				Split 3		00:08:10.08	13:10	4.6mph	00:27:31.93
				Split 4		00:08:09.86	13:10	4.6mph	00:35:41.79
				Split 5		00:07:50.13	12:38	4.7mph	00:43:31.92
30	ELANA CHACON		F: 14	RUNNER	70	00:44:07.59	14:14	4.2mph	Female Overall: 14
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:08:56.00		0.0mph	00:08:56.00
				Split 2		00:08:13.41	13:15	4.5mph	00:17:09.41
				Split 3		00:09:53.01	15:56	3.8mph	00:27:02.41
				Split 4		00:08:51.49	14:17	4.2mph	00:35:53.90
				Split 5		00:08:13.70	13:16	4.5mph	00:44:07.59
31	LOUIS PIZARRO		M: 17	RUNNER	74	00:44:07.65	14:14	4.2mph	Male Overall: 17
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:10:03.40		0.0mph	00:10:03.40
				Split 2		00:09:08.76	14:45	4.1mph	00:19:12.15
				Split 3		00:09:11.33	14:49	4.0mph	00:28:23.48
				Split 4		00:08:59.43	14:30	4.1mph	00:37:22.91
				Split 5		00:06:44.75	10:52	5.5mph	00:44:07.65
32	LEONARDO SCALISI	WEST ISLIP, NY	M: 18	RUNNER	58	00:45:36.91	14:42	4.1mph	Male Overall: 18
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:05:51.30		0.0mph	00:05:51.30
				Split 2		00:10:11.23	16:25	3.7mph	00:16:02.52
				Split 3		00:10:16.27	16:33	3.6mph	00:26:18.79
				Split 4		00:10:01.22	16:09	3.7mph	00:36:20.00
				Split 5		00:09:16.92	14:58	4.0mph	00:45:36.91
33	DANIELLE GUILFOIL	WEST ISLIP, NY	F: 15	RUNNER	29	00:45:37.64	14:43	4.1mph	Female Overall: 15
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:05:51.93		0.0mph	00:05:51.93
				Split 2		00:10:10.90	16:25	3.7mph	00:16:02.83
				Split 3		00:10:16.43	16:34	3.6mph	00:26:19.25
				Split 4		00:10:01.44	16:10	3.7mph	00:36:20.69
				Split 5		00:09:16.96	14:58	4.0mph	00:45:37.64
34	SHANNON PULIS	WEST HEMPSTEAD, NY	F: 16	RUNNER	51	00:46:53.86	15:07	4.0mph	Female Overall: 16
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:10:09.95		0.0mph	00:10:09.95
				Split 2		00:09:30.40	15:19	3.9mph	00:19:40.34
				Split 3		00:09:20.12	15:03	4.0mph	00:29:00.46
				Split 4		00:09:08.20	14:44	4.1mph	00:38:08.65
				Split 5		00:08:45.21	14:07	4.2mph	00:46:53.86
35	JANE DOE	WEST HEMPSTEAD, NY	F: 17	RUNNER	88	00:46:54.08	15:07	4.0mph	Female Overall: 17
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:10:09.85		0.0mph	00:10:09.85
				Split 2		00:09:30.81	15:20	3.9mph	00:19:40.66
				Split 3		00:09:19.90	15:03	4.0mph	00:29:00.55
				Split 4		00:09:08.93	14:45	4.1mph	00:38:09.48
				Split 5		00:08:44.61	14:06	4.3mph	00:46:54.08
36	ELIANA CONRAD	BELLMORE, NY	F: 18	RUNNER	19	00:47:51.04	15:26	3.9mph	Female Overall: 18
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:09:16.32		0.0mph	00:09:16.32
				Split 2		00:09:37.29	15:31	3.9mph	00:18:53.61
				Split 3		00:09:50.69	15:52	3.8mph	00:28:44.29
				Split 4		00:09:32.76	15:23	3.9mph	00:38:17.05
				Split 5		00:09:33.99	15:25	3.9mph	00:47:51.04

5K RUN / WALK 4 LIFE

Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
46	CHARLENE MIGLIAR		F: 25	RUNNER	81	00:56:54.10	18:21	3.3mph	Female Overall: 25
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:09:45.73		0.0mph	00:09:45.73
				Split 2		00:10:42.26	17:15	3.5mph	00:20:27.99
				Split 3		00:11:33.53	18:38	3.2mph	00:32:01.51
				Split 4		00:12:26.19	20:03	3.0mph	00:44:27.70
				Split 5		00:12:26.41	20:03	3.0mph	00:56:54.10
47	THOMAS WEISS		M: 22	RUNNER	66	00:57:15.75	18:28	3.2mph	Male Overall: 22
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:13.13		0.0mph	00:11:13.13
				Split 2		00:11:28.13	18:29	3.2mph	00:22:41.26
				Split 3		00:11:18.69	18:14	3.3mph	00:33:59.94
				Split 4		00:11:24.09	18:23	3.3mph	00:45:24.02
				Split 5		00:11:51.73	19:07	3.1mph	00:57:15.75
48	SAL GARGARO	BAY SHORE, NY	M: 23	RUNNER	27	00:57:40.12	18:36	3.2mph	Male Overall: 23
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:20.44		0.0mph	00:12:20.44
				Split 2		00:11:40.08	18:49	3.2mph	00:24:00.52
				Split 3		00:11:12.69	18:04	3.3mph	00:35:13.20
				Split 4		00:11:14.73	18:08	3.3mph	00:46:27.93
				Split 5		00:11:12.20	18:04	3.3mph	00:57:40.12
49	MARY SCHMIDT	NEW YORK, NY	F: 26	RUNNER	60	00:58:10.43	18:45	3.2mph	Female Overall: 26
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:41.84		0.0mph	00:11:41.84
				Split 2		00:10:56.64	17:39	3.4mph	00:22:38.48
				Split 3		00:14:18.59	23:04	2.6mph	00:36:57.07
				Split 4		00:10:25.38	16:48	3.6mph	00:47:22.44
				Split 5		00:10:47.99	17:25	3.4mph	00:58:10.43
50	ALLEN ROTH	NEW YORK, NY	M: 24	RUNNER	57	00:58:10.59	18:45	3.2mph	Male Overall: 24
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:42.56		0.0mph	00:11:42.56
				Split 2		00:10:56.63	17:39	3.4mph	00:22:39.19
				Split 3		00:14:18.80	23:05	2.6mph	00:36:57.98
				Split 4		00:10:24.93	16:47	3.6mph	00:47:22.91
				Split 5		00:10:47.68	17:24	3.4mph	00:58:10.59
51	SUSIE QUINN	WANTAGH, NY	F: 27	RUNNER	53	00:59:28.89	19:11	3.1mph	Female Overall: 27
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:54.77		0.0mph	00:06:54.77
				Split 2		00:13:55.45	22:27	2.7mph	00:20:50.22
				Split 3		00:12:55.71	20:51	2.9mph	00:33:45.93
				Split 4		00:12:57.13	20:53	2.9mph	00:46:43.05
				Split 5		00:12:45.85	20:35	2.9mph	00:59:28.89
52	THOMAS QUINN	WANTAGH, NY	M: 25	RUNNER	54	00:59:29.49	19:11	3.1mph	Male Overall: 25
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:06:55.42		0.0mph	00:06:55.42
				Split 2		00:13:53.93	22:25	2.7mph	00:20:49.35
				Split 3		00:12:56.73	20:52	2.9mph	00:33:46.07
				Split 4		00:12:56.57	20:52	2.9mph	00:46:42.64
				Split 5		00:12:46.85	20:36	2.9mph	00:59:29.49
53	KATHY BANICKI		F: 28	RUNNER	82	01:00:37.56	19:33	3.1mph	Female Overall: 28
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:37.31		0.0mph	00:11:37.31
				Split 2		00:11:47.79	19:01	3.2mph	00:23:25.10
				Split 3		00:11:38.32	18:46	3.2mph	00:35:03.41
				Split 4		00:11:40.98	18:50	3.2mph	00:46:44.39
				Split 5		00:13:53.18	22:23	2.7mph	01:00:37.56
54	KIMBERLY D'ALBORA	BETHPAGE, NY	F: 29	RUNNER	23	01:00:37.74	19:33	3.1mph	Female Overall: 29
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:38.16		0.0mph	00:11:38.16
				Split 2		00:11:47.19	19:00	3.2mph	00:23:25.35
				Split 3		00:11:38.65	18:46	3.2mph	00:35:04.00
				Split 4		00:11:41.64	18:51	3.2mph	00:46:45.63
				Split 5		00:13:52.12	22:22	2.7mph	01:00:37.74
55	JOHN D'ALBORA	BETHPAGE, NY	M: 26	RUNNER	22	01:00:38.61	19:33	3.1mph	Male Overall: 26
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:11:38.36		0.0mph	00:11:38.36
				Split 2		00:11:47.96	19:01	3.2mph	00:23:26.32
				Split 3		00:11:38.99	18:47	3.2mph	00:35:05.31
				Split 4		00:11:40.56	18:49	3.2mph	00:46:45.87
				Split 5		00:13:52.75	22:23	2.7mph	01:00:38.61

5K RUN / WALK 4 LIFE

Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
56	KATHLEEN FELDMAN	LINDENHURST, NY	F: 30	RUNNER	26	01:01:02.79	19:41	3.0mph	Female Overall: 30	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Finish	00:14:55.79		0.0mph	00:14:55.79
						Split 2	00:11:00.63	17:45	3.4mph	00:25:56.42
						Split 3	00:11:23.62	18:22	3.3mph	00:37:20.04
						Split 4	00:11:33.61	18:38	3.2mph	00:48:53.64
						Split 5	00:12:09.15	19:36	3.1mph	01:01:02.79
57	JENNIFER BAIERLEIN (BETTY'S LIFERS)	MASSAPEQUA PARK, NY	F: 31	RUNNER	4	01:04:16.67	20:44	2.9mph	Female Overall: 31	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Finish	00:24:11.05		0.0mph	00:24:11.05
						Split 2	00:10:15.61	16:32	3.6mph	00:34:26.65
						Split 3	00:10:15.73	16:33	3.6mph	00:44:42.37
						Split 4	00:10:09.88	16:23	3.7mph	00:54:52.25
						Split 5	00:09:24.43	15:10	4.0mph	01:04:16.67
58	THOMAS BAIERLEIN JR. (BETTY'S LIFERS)	MASSAPEQUA PARK, NY	M: 27	RUNNER	8	01:04:31.99	20:49	2.9mph	Male Overall: 27	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Finish	00:24:11.25		0.0mph	00:24:11.25
						Split 2	00:10:16.94	16:35	3.6mph	00:34:28.19
						Split 3	00:10:14.63	16:31	3.6mph	00:44:42.81
						Split 4	00:10:09.82	16:23	3.7mph	00:54:52.63
						Split 5	00:09:39.36	15:34	3.9mph	01:04:31.99
59	CHARLES FELDMAN	LINDENHURST, NY	M: 28	RUNNER	25	01:06:07.99	21:19	2.8mph	Male Overall: 28	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Finish	00:15:12.61		0.0mph	00:15:12.61
						Split 2	00:12:33.50	20:15	3.0mph	00:27:46.11
						Split 3	00:13:05.76	21:07	2.8mph	00:40:51.86
						Split 4	00:12:58.42	20:55	2.9mph	00:53:50.28
						Split 5	00:12:17.71	19:49	3.0mph	01:06:07.99
60	MICHAEL MILONE		M: 29	RUNNER	67	01:07:17.51	21:42	2.8mph	Male Overall: 29	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Finish	00:13:43.60		0.0mph	00:13:43.60
						Split 2	00:13:15.72	21:23	2.8mph	00:26:59.31
						Split 3	00:12:24.56	20:00	3.0mph	00:39:23.86
						Split 4	00:15:24.23	24:50	2.4mph	00:54:48.09
						Split 5	00:12:29.43	20:08	3.0mph	01:07:17.51
61	MARGARET MILONE		F: 32	RUNNER	68	01:07:18.14	21:42	2.8mph	Female Overall: 32	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Finish	00:13:45.28		0.0mph	00:13:45.28
						Split 2	00:13:32.48	21:50	2.7mph	00:27:17.76
						Split 3	00:13:15.86	21:23	2.8mph	00:40:33.61
						Split 4	00:14:14.79	22:58	2.6mph	00:54:48.40
						Split 5	00:12:29.74	20:09	3.0mph	01:07:18.14