

Step Up! 5k Run/Walk

Age Group Results

5k Run Walk

Race Date

May 23, 2019

Female 12 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kathryn Craig	Manchester NH	15	452	11	26:59.8	8:42/M
2	Erika Healey	Henniker NH	12	446	21	35:06.8	11:19/M
3	Kaycie Hudon	Weare NH	12	420	23	35:26.7	11:26/M

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Amanda Szymanski	Exeter NH	24	418	1	20:23.2	6:35/M
2	Lily Scammon	Hopkinton NH	21	401	7	24:01.4	7:45/M

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Elida Gagne	Merrimack NH	32	431	16	30:19.8	9:47/M
2	Chrystal Becker	Hollis NH	33	387	40	46:12.9	14:54/M

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kristen Bannister	Manchester NH	49	381	15	28:56.9	9:20/M
2	Shari Sarris	Manchester NH	47	379	18	30:42.1	9:54/M
3	Michele Zebra	Bedford NH	44	440	20	33:40.7	10:52/M
4	Tonya Dubois	Goffstown NH	45	410	24	35:39.8	11:30/M
5	Paula Adams	Manchester NH	44	411	28	36:31.2	11:47/M
6	Sharon Goldsmith	Amherst NH	40	383	32	42:54.8	13:50/M
7	Katrina Langlois	Candia NH	49	447	36	44:40.1	14:25/M
8	Pascale Coates	Manchester NH	47	434	37	45:08.5	14:34/M
9	Tracy Crowell	Goffstown NH	48	435	38	45:10.7	14:34/M
10	Claire Spilling	Goffstown NH	48	437	39	45:11.3	14:35/M

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Joyce Craig	Manchester NH	52	450	17	30:39.7	9:53/M
2	Colleen Connolly	Pittsfield NH	58	442	22	35:25.4	11:25/M
3	Tammie Richard	Weare NH	54	421	25	35:59.6	11:36/M
4	Ellen Szymanski	Londonderry NH	58	412	31	42:53.8	13:50/M
5	Lisa Duquette	Franklin NH	51	385	33	43:20.9	13:59/M

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Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
6	Tina Stagakis	Weare NH	53	376	42	50:47.6	16:23/M

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Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Niko Skaperdas	Manchester NH	18	457	10	26:58.7	8:42/M
2	Matthew Blair	Manchester NH	13	458	12	27:00.1	8:43/M

Male 20 to 29

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Connor Langlois	Candia NH	22	448	14	28:08.7	9:05/M
2	Kevin Stagakis	Weare NH	25	377	43	50:48.6	16:23/M

Male 30 to 39

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Michael Denning	Weare NH	33	375	5	21:56.7	7:05/M
2	Adam Theokas	Goffstown NH	39	403	41	50:11.7	16:11/M

Male 40 to 49

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Marc Poirier	Manchester NH	43	453	4	21:40.9	6:59/M

Male 50 to 59

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	David Audet	Concord NH	54	429	2	20:52.4	6:44/M
2	Mike Craig	Manchester NH	51	451	3	21:11.8	6:50/M
3	Bryan Bannister	Manchester NH	58	456	6	23:49.8	7:41/M
4	Sean Patten	Suncook NH	51	382	8	24:07.9	7:47/M
5	Denis Duquette	Franklin NH	52	386	9	25:12.3	8:08/M
6	Brian Geiger	Durham NH	59	449	13	27:32.6	8:53/M
7	Jim Scammon	Manchester NH	55	395	19	31:21.4	10:07/M
8	David Ross	Manchester NH	50	409	27	36:07.2	11:39/M
9	Robert Richard	Weare NH	52	422	29	40:16.5	12:59/M
10	Steven Baranow	Nashua NH	57	378	30	40:47.6	13:09/M

Male 70 and Over

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Peter McDonough	Manchester NH	77	444	26	36:06.7	11:39/M

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Male 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Daniel Dodson	Newton NH	74	388	34	43:48.1	14:08/M
3	Djek Kuhl	Bedford NH	84	443	35	43:56.3	14:10/M