

Step Up! 5k Run/Walk

Race Date
May 23, 2019

Overall Finish List

5k Run Walk

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Amanda Szymanski	Exeter NH	418	24	F	1: 20-29	20:23.2	6:35/M
2	David Audet	Concord NH	429	54	M	1: 50-59	20:52.4	6:44/M
3	Mike Craig	Manchester NH	451	51	M	2: 50-59	21:11.8	6:50/M
4	Marc Poirier	Manchester NH	453	43	M	1: 40-49	21:40.9	6:59/M
5	Michael Denning	Weare NH	375	33	M	1: 30-39	21:56.7	7:05/M
6	Bryan Bannister	Manchester NH	456	58	M	3: 50-59	23:49.8	7:41/M
7	Lily Scammon	Hopkinton NH	401	21	F	2: 20-29	24:01.4	7:45/M
8	Sean Patten	Suncook NH	382	51	M	4: 50-59	24:07.9	7:47/M
9	Denis Duquette	Franklin NH	386	52	M	5: 50-59	25:12.3	8:08/M
10	Niko Skaperdas	Manchester NH	457	18	M	1: 12-19	26:58.7	8:42/M
11	Kathryn Craig	Manchester NH	452	15	F	1: 12-19	26:59.8	8:42/M
12	Matthew Blair	Manchester NH	458	13	M	2: 12-19	27:00.1	8:43/M
13	Brian Geiger	Durham NH	449	59	M	6: 50-59	27:32.6	8:53/M
14	Connor Langlois	Candia NH	448	22	M	1: 20-29	28:08.7	9:05/M
15	Kristen Bannister	Manchester NH	381	49	F	1: 40-49	28:56.9	9:20/M
16	Elida Gagne	Merrimack NH	431	32	F	1: 30-39	30:19.8	9:47/M
17	Joyce Craig	Manchester NH	450	52	F	1: 50-59	30:39.7	9:53/M
18	Shari Sarris	Manchester NH	379	47	F	2: 40-49	30:42.1	9:54/M
19	Jim Scammon	Manchester NH	395	55	M	7: 50-59	31:21.4	10:07/M
20	Michele Zebra	Bedford NH	440	44	F	3: 40-49	33:40.7	10:52/M
21	Erika Healey	Henniker NH	446	12	F	2: 12-19	35:06.8	11:19/M
22	Colleen Connolly	Pittsfield NH	442	58	F	2: 50-59	35:25.4	11:25/M
23	Kaycie Hudon	Weare NH	420	12	F	3: 12-19	35:26.7	11:26/M
24	Tonya Dubois	Goffstown NH	410	45	F	4: 40-49	35:39.8	11:30/M
25	Tammie Richard	Weare NH	421	54	F	3: 50-59	35:59.6	11:36/M
26	Peter McDonough	Manchester NH	444	77	M	1: 70-99	36:06.7	11:39/M
27	David Ross	Manchester NH	409	50	M	8: 50-59	36:07.2	11:39/M
28	Paula Adams	Manchester NH	411	44	F	5: 40-49	36:31.2	11:47/M
29	Robert Richard	Weare NH	422	52	M	9: 50-59	40:16.5	12:59/M
30	Steven Baranow	Nashua NH	378	57	M	10: 50-59	40:47.6	13:09/M
31	Ellen Szymanski	Londonderry NH	412	58	F	4: 50-59	42:53.8	13:50/M
32	Sharon Goldsmith	Amherst NH	383	40	F	6: 40-49	42:54.8	13:50/M
33	Lisa Duquette	Franklin NH	385	51	F	5: 50-59	43:20.9	13:59/M
34	Daniel Dodson	Newton NH	388	74	M	2: 70-99	43:48.1	14:08/M
35	Djek Kuhl	Bedford NH	443	84	M	3: 70-99	43:56.3	14:10/M
36	Katrina Langlois	Candia NH	447	49	F	7: 40-49	44:40.1	14:25/M
37	Pascale Coates	Manchester NH	434	47	F	8: 40-49	45:08.5	14:34/M
38	Tracy Crowell	Goffstown NH	435	48	F	9: 40-49	45:10.7	14:34/M
39	Claire Spilling	Goffstown NH	437	48	F	10: 40-49	45:11.3	14:35/M
40	Chrystal Becker	Hollis NH	387	33	F	2: 30-39	46:12.9	14:54/M
41	Adam Theokas	Goffstown NH	403	39	M	2: 30-39	50:11.7	16:11/M
42	Tina Stagakis	Weare NH	376	53	F	6: 50-59	50:47.6	16:23/M
43	Kevin Stagakis	Weare NH	377	25	M	2: 20-29	50:48.6	16:23/M