

# The ability 5k Run-Walk

Race Date

October 01, 2022

## Overall Finish List

<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	Daniel Draper	Wenham MA	431	39	M	1: 13-99	20:44.6	6:41/M
2	Sam Broadway	Nashua NH	414	33	M	2: 13-99	20:47.3	6:42/M
3	Lindsay D'Anna	Mont Vernon NH	517	39	M	3: 13-99	21:13.7	6:51/M
4	Paul Schaffer	Amherst NH	498	58	M	4: 13-99	21:30.1	6:56/M
5	Eric Boucher	Amherst NH	527	42	M	5: 13-99	22:12.7	7:10/M
6	Shawn Bertrand	Mont Vernon NH	411	52	M	6: 13-99	24:30.3	7:54/M
7	Chloe Bertrand	Mont Vernon NH	409	23	F	1: 13-99	24:30.9	7:54/M
8	Courtney Cashman	Bedford NH	419	42	F	2: 13-99	24:32.0	7:55/M
9	Rodney Allain	Mont Vernon NH	403	46	M	7: 13-99	25:01.7	8:04/M
10	Deborah Lussier	Hollis NH	465	56	F	3: 13-99	26:06.7	8:25/M
11	Jake Anglo	Saugus MA	404	23	M	8: 13-99	26:12.1	8:27/M
12	Tenley Gillett	Manchester NH	443	29	F	4: 13-99	26:13.6	8:28/M
13	Skyy Ortega	Amherst NH	482	19	F	5: 13-99	27:21.5	8:50/M
14	Thomas Hilsan	Litchfield NH	525	10	M	1: 1-12	28:15.6	9:07/M
15	Mia Heacock	Amherst NH	448	47	F	6: 13-99	28:22.9	9:09/M
16	Daniel Jastrab	Townsend MA	454	39	M	9: 13-99	28:25.2	9:10/M
17	Kurt Belanger	Wilton NH	408	38	M	10: 13-99	29:21.5	9:28/M
18	Jennifer Bertrand	Mont Vernon NH	410	51	F	7: 13-99	30:29.0	9:50/M
19	Michelle Blanchette	Milford NH	412	42	F	8: 13-99	30:40.1	9:54/M
20	Thomas Persson	Derry NH	487	33	M	11: 13-99	30:50.9	9:57/M
21	Amanda Giglio	Nashua NH	442	38	F	9: 13-99	31:50.6	10:16/M
22	Alex Lange	Greenfield NH	463	72	M	12: 13-99	32:00.3	10:19/M
23	Pratyush Kharel	Amherst NH	457	23	M	13: 13-99	32:20.9	10:26/M
24	Patricia Everett	West Bridgewater MA	433	69	F	10: 13-99	33:34.6	10:50/M
25	Heather Gutierrez	Milford NH	445	47	F	11: 13-99	34:55.4	11:16/M
26	William Peters	Manchester NH	488	59	M	14: 13-99	35:02.0	11:18/M
27	Kerri Boucher	Amherst NH	528	41	F	12: 13-99	35:36.9	11:29/M
28	Kerri Desfosses	Nashua NH	430	60	F	13: 13-99	35:47.3	11:33/M
29	Paul Everett	West Bridgewater MA	434	70	M	15: 13-99	36:03.3	11:38/M
30	Marie Broadway	Nashua NH	413	36	F	14: 13-99	36:14.4	11:41/M
31	Michelle Wheeler	Merrimack NH	514	50	F	15: 13-99	36:16.1	11:42/M
32	Sandra Demoura	Nashua NH	429	52	F	16: 13-99	36:56.1	11:55/M
33	Sydney Irving	Amherst NH	452	44	F	17: 13-99	37:27.2	12:05/M
34	Gerald Gutierrez	Milford NH	444	54	M	16: 13-99	38:04.1	12:17/M
35	Tess Karlon	Milford NH	456	27	F	18: 13-99	39:39.4	12:48/M
36	Chris McCarthy	Milford NH	468	32	M	17: 13-99	39:39.7	12:48/M
37	David Fisher	Nashua NH	436	53	M	18: 13-99	40:07.6	12:57/M
38	Michael Fisher	Nashua NH	531	10	M	2: 1-12	40:08.2	12:57/M
39	Josiah Parison	Nashua NH	484	27	M	19: 13-99	40:36.7	13:06/M
40	Margaret Parison	New Ipswich NH	485	66	F	19: 13-99	41:01.2	13:14/M
41	Lisa Persson	Derry NH	518	59	F	20: 13-99	41:58.9	13:33/M
42	Bruce Persson	Derry NH	521	64	M	20: 13-99	41:59.1	13:33/M
43	Phil Snow	Peterborough NH	505	48	M	21: 13-99	42:24.4	13:41/M
44	Lynn Snow	Peterborough NH	504	49	F	21: 13-99	42:24.5	13:41/M
45	Edward Morse	New Ipswich NH	479	42	M	22: 13-99	42:25.2	13:41/M
46	Seth Adams	Amherst NH	401	23	M	23: 13-99	42:28.2	13:42/M
47	Amanda Trubacz	Amherst NH	509	35	F	22: 13-99	42:35.9	13:44/M

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48	Zack Storro	Amherst NH	506	27	M	24: 13-99	42:36.2	13:45/M
49	Ali Maynard	Amherst NH	467	33	F	23: 13-99	42:36.7	13:45/M
50	Jennifer Simpson	Milford NH	500	37	F	24: 13-99	43:08.5	13:55/M
51	Prince Simpson	Milford NH	501	10	M	3: 1-12	43:09.0	13:55/M
52	Andrew Constable	Amherst NH	425	35	M	25: 13-99	44:42.1	14:25/M
53	Dee Sinclair	Amherst NH	503	63	F	25: 13-99	44:45.5	14:26/M
54	Grant Bureau	Merrimack NH	415	50	M	26: 13-99	44:53.2	14:29/M
55	David Sinclair	Amherst NH	502	66	M	27: 13-99	44:53.9	14:29/M
56	Jill Bureau	Merrimack NH	416	78	F	26: 13-99	45:00.2	14:31/M
57	Aaron Kullgren	Greenfield NH	459	53	M	28: 13-99	46:57.7	15:09/M
58	Dylan McCloskey	Lowell MA	469	31	M	29: 13-99	47:13.3	15:14/M
59	Andrew Fragala	Litchfieldlitchfield NH	439	36	M	30: 13-99	47:13.8	15:14/M
60	Joshua Hooper	Milford NH	530	38	M	31: 13-99	47:36.0	15:21/M
61	Olivia Hoover	Milford NH	529	5	F	1: 1-12	47:36.2	15:21/M
62	Lesley Hoover	Milford NH	450	37	F	27: 13-99	47:48.3	15:25/M
63	Wendy Fisher	Nashua NH	437	49	F	28: 13-99	47:48.6	15:25/M
64	Brennon Mielke	Amherst NH	473	13	M	32: 13-99	48:24.6	15:37/M
65	Edward Watts	Nashua NH	513	72	M	33: 13-99	49:13.4	15:53/M
66	Calla Crafts	Leverett MA	426	69	F	29: 13-99	49:17.5	15:54/M
67	Nancy Chattin	Ashburnham MA	422	64	F	30: 13-99	49:18.9	15:54/M
68	Fran Ziperstein	Ashburnham MA	516	70	F	31: 13-99	49:37.5	16:01/M
69	Hannah Wolf	Milford NH	515	38	F	32: 13-99	49:50.2	16:05/M
70	Felix Ravdin	Amherst NH	492	8	M	4: 1-12	54:49.7	17:41/M
71	Sophie Ravdin	Amherst NH	494	9	F	2: 1-12	54:49.9	17:41/M
72	Kelaine Ravdin	Amherst NH	493	49	F	33: 13-99	54:52.8	17:42/M
73	Cheryl Patten	Hudson NH	486	54	F	34: 13-99	55:47.5	18:00/M
74	Alyssa Sawicki	Londonderry NH	497	33	F	35: 13-99	55:47.7	18:00/M
75	Tammie Morelli	Milford NH	476	58	F	36: 13-99	57:04.2	18:25/M
76	Marybeth Hammond	Milford NH	446	57	F	37: 13-99	57:05.1	18:25/M
77	Barbara Cassidy	Nashua NH	420	64	F	38: 13-99	57:05.3	18:25/M
78	Alistair Wattam	Nashua NH	512	49	M	34: 13-99	57:29.8	18:33/M
79	Macgregory Gay	Manchester	524	23	M	35: 13-99	57:54.4	18:41/M
80	Rick Gay	Manchester NH	522	60	M	36: 13-99	57:55.0	18:41/M
81	Kayla Quartarone	Merrimack NH	491	20	F	39: 13-99	58:23.8	18:50/M
82	Betsy Gay	Manchester NH	523	58	F	40: 13-99	58:24.1	18:50/M
83	Alyssa Martin	Townsend MA	466	43	F	41: 13-99	58:29.5	18:52/M
84	Hillary Lamay	Templeton MA	462	43	F	42: 13-99	58:29.7	18:52/M
85	Scott McGrath	Templeton MA	471	41	M	37: 13-99	58:31.5	18:53/M
86	Ella Escabi	Templeton MA	432	11	F	3: 1-12	58:39.4	18:55/M
87	Lucas Pimentel	North Chelmsford MA	489	6	M	5: 1-12	58:51.8	18:59/M
88	Cheryl Dasilva	North Chelmsford MA	427	61	F	43: 13-99	59:03.5	19:03/M
89	Sara Dasilva	North Chelmsford MA	428	43	F	44: 13-99	59:24.4	19:10/M
90	Donna Castle	Pepperell MA	421	71	F	45: 13-99	1:00:32.0	19:32/M
91	Paula Georgette	Burlington MA	441	71	F	46: 13-99	1:00:33.0	19:32/M
92	Sara Figueiredo	Tewksbury MA	435	28	F	47: 13-99	1:00:34.8	19:33/M
93	Judy Cogan	Tewksbury MA	423	60	F	48: 13-99	1:01:11.7	19:44/M
94	Paul Cogan	Tewksbury MA	424	28	M	38: 13-99	1:01:13.6	19:45/M

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95	Denise Mielke	Amherst NH	474	57	F	49: 13-99	1:02:04.0	20:01/M
96	Audrey Mielke	Amherst NH	472	7	F	4: 1-12	1:02:04.8	20:02/M
97	Krista Kullgren	Greenfield NH	461	53	F	50: 13-99	1:02:14.2	20:05/M
98	Jason Kullgren	Greenfield NH	460	26	M	39: 13-99	1:02:14.9	20:05/M
99	Kailee Belanger	Wilton NH	407	36	F	51: 13-99	1:02:16.2	20:05/M
100	Tracie Adams	Amherst NH	402	58	F	52: 13-99	1:03:56.4	20:38/M
101	Kevin Adams	Amherst NH	400	60	M	40: 13-99	1:03:59.1	20:38/M
102	Debra Whitney	Londonderry NH	526	60	F	53: 13-99	1:04:11.2	20:42/M
103	Benjamin Kaas	Nashua NH	455	39	M	41: 13-99	1:04:11.9	20:43/M
104	Peter Santa Maria	Burlington MA	520	60	M	42: 13-99	1:04:19.8	20:45/M
105	Joe Stack	Merrimack NH	519	58	M	43: 13-99	1:04:21.4	20:46/M
106	Macgregor Gay	Manchester NH	440	23	M	44: 13-99	1:12:43.2	23:27/M
107	Kimberly Hopps	Henniker NH	451	33	F	54: 13-99	1:14:17.5	23:58/M