

Race Date
September 30, 2023

The ability 5k
Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Thomas Cook		705	37	M	1: 13-99	18:26.1	5:57/M
2	Matt Guzzardi		538	28	M	2: 13-99	20:15.5	6:33/M
3	Ryan Quinn		635	14	M	3: 13-99	20:30.2	6:39/M
4	Chelsea Cook		632	38	F	1: 13-99	20:41.4	6:41/M
5	Jeffrey Hargreaves		531	57	M	4: 13-99	20:45.9	6:42/M
6	Paul Schaffer		505	59	M	5: 13-99	21:02.6	6:47/M
7	Emily Guzzardi		537	28	F	2: 13-99	21:13.8	6:51/M
8	Chad Mooney	Amherst Fit Body Boot	561	45	M	6: 13-99	21:40.9	7:01/M
9	Florian Langhojer		546	43	M	7: 13-99	22:49.4	7:24/M
10	Eriquer Lheureux	Franklin Savings Bank	563	29	M	8: 13-99	23:25.5	7:35/M
11	Brandon Hargreaves		533	28	M	9: 13-99	23:40.5	7:40/M
12	Eliza-Beth Lerch		547	43	F	3: 13-99	24:03.7	7:48/M
13	paul Jorgensen		627	56	M	10: 13-99	24:43.9	8:01/M
14	Shannon Konieczka	Amherst Fit Body Boot	557	42	F	4: 13-99	24:56.5	8:04/M
15	Tory Wight		520	46	F	5: 13-99	26:40.9	8:39/M
16	Andrew Eramo	Amherst Fit Body Boot	616	36	M	11: 13-99	26:46.3	8:39/M
17	William Rios		524	33	M	12: 13-99	26:46.3	8:43/M
18	Debbie McGonegal	Team Perimeter	591	54	F	6: 13-99	27:07.0	8:49/M
19	Joe Mummello		552	59	M	13: 13-99	27:18.5	8:50/M
20	Kathy Denoncour		551	60	F	7: 13-99	27:29.2	8:54/M
21	Kelly Mooney	Amherst Fit Body Boot	560	45	F	8: 13-99	27:38.2	8:56/M
22	Kathryn Eramo	Amherst Fit Body Boot	615	34	F	9: 13-99	27:46.2	8:59/M
23	Jose Ramirez		948	51	M	14: 13-99	28:07.5	9:11/M
24	David Fisher	Amherst Fit Body Boot	558	54	M	15: 13-99	28:20.0	9:11/M
25	Ed Nirenstein		629	51	M	16: 13-99	29:06.3	9:26/M
26	Monique Nilsen		511	33	F	10: 13-99	29:09.6	9:32/M
27	Bruce Johnstone		554	64	M	17: 13-99	29:19.6	9:30/M
28	Kelly Isaacs		526	39	F	11: 13-99	29:27.4	9:37/M
29	Joanne Pages	Team Perimeter	595	58	F	12: 13-99	30:11.9	9:45/M
30	Daniel Jastrab	Team Morse	585	40	M	18: 13-99	30:13.0	9:51/M
31	Chris McCarthy		517	33	M	19: 13-99	30:19.2	9:48/M
32	Thomas Hilson		522	11	M	1: 1-12	30:29.2	9:51/M
33	Jay Wellington		523	55	M	20: 13-99	30:37.6	9:58/M
34	Todd Gitchell	Team Perimeter	588	50	M	21: 13-99	31:04.1	10:05/M
35	Grace Pierce	Team Perimeter	594	22	F	13: 13-99	31:08.8	10:06/M
36	Theresa Glabach		515	28	F	14: 13-99	31:41.6	10:16/M
37	Skip Hayden		553	79	M	22: 13-99	32:23.1	10:28/M
38	Lisa Hargreaves		532	55	F	15: 13-99	32:28.1	10:31/M
39	Tom Quinn		634	50	M	23: 13-99	32:53.0	10:38/M
40	Kathryn Kausch		541	41	F	16: 13-99	33:09.7	10:44/M
41	Liliana Kausch		542	8	F	1: 1-12	33:10.6	10:44/M
42	Kerri Desfosses		519	61	F	17: 13-99	33:13.7	10:44/M
43	Krista Deveau		512	37	F	18: 13-99	33:19.8	10:48/M
44	Megan Upperman		501	39	F	19: 13-99	34:11.3	11:05/M
45	Scott Hammond	Team Perimeter	589	60	M	24: 13-99	34:23.9	11:10/M
46	Aaron Landry	Team Perimeter	590	8	M	2: 1-12	34:24.8	11:10/M
47	Jenn Komperda		530	52	F	20: 13-99	34:38.8	11:17/M

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48	Maxwell Kausch		539	40	M	25: 13-99	35:36.2	11:31/M
49	Hannah Kausch		540	10	F	2: 1-12	35:37.0	11:31/M
50	Jennifer Krangle		527	50	F	21: 13-99	36:54.2	11:57/M
51	William Peters		550	60	M	26: 13-99	37:42.3	12:13/M
52	Tess Karlon		518	28	F	22: 13-99	38:15.7	12:22/M
53	Edward Morse	Team Morse	582	43	M	27: 13-99	39:09.0	12:44/M
54	Nancy Rose		543	53	F	23: 13-99	41:01.7	13:18/M
55	Dave Lheureux	Franklin Savings Bank	562	59	M	28: 13-99	42:35.1	13:46/M
56	Grant Bureau		510	51	M	29: 13-99	43:40.8	14:06/M
57	Jill Bureau		509	79	F	24: 13-99	44:01.9	14:13/M
58	Dee Sinclair		513	64	F	25: 13-99	45:48.1	14:53/M
59	David Sinclair		514	67	M	30: 13-99	45:49.7	14:54/M
60	Edward Watts	Team Perimeter	592	73	M	31: 13-99	47:07.2	15:14/M
61	Zachary Williams	Team Riverway	600	30	M	32: 13-99	49:03.3	15:55/M
62	Ella Escabi	Team Morse	618	12	F	3: 1-12	49:34.4	16:05/M
63	Rilee Fleming		614	11	F	4: 1-12	49:37.2	16:05/M
64	Addison Morse	Team Morse	583	11	F	5: 1-12	49:44.3	16:07/M
65	Andrew Constable	Team Caldwell	574	36	M	33: 13-99	49:46.6	16:12/M
66	Flordeliz Luciano		528	25	F	26: 13-99	52:08.9	16:51/M
67	Benjamin Kaas	Team Perimeter	586	40	M	34: 13-99	53:50.2	17:23/M
68	Debra Whitney		612	61	F	27: 13-99	53:57.7	17:25/M
69	Ryan Whitney		613	32	M	35: 13-99	53:58.0	17:26/M
70	Hilary Laquerre		535	50	F	28: 13-99	54:16.3	17:36/M
71	Sarah Sonner		534	19	F	29: 13-99	54:17.8	17:36/M
72	Cheryl Ann Mahaffey	Team Riverway	599	53	F	30: 13-99	54:21.5	17:39/M
73	Nicholas Mahaffey	Team Riverway	601	24	M	36: 13-99	54:24.3	17:39/M
74	Krista Kullgren	Team Caldwell	571	54	F	31: 13-99	55:17.9	17:56/M
75	Jason Kullgren	Team Caldwell	573	27	M	37: 13-99	55:20.1	17:57/M
76	Aaron Kullgren	Team Caldwell	572	54	M	38: 13-99	55:20.1	17:56/M
77	Heidi Bowman	Team Riverway	611	51	F	32: 13-99	1:01:12.4	19:54/M
78	Stacey Martel	Team Perimeter	593	38	F	33: 13-99	1:01:34.1	19:55/M
79	Macgregor Gay	Team Riverway	598	24	M	39: 13-99	1:02:30.9	20:21/M
80	Kathy Chabot	Team Riverway	623	63	F	34: 13-99	1:03:02.1	20:30/M
81	Dan Chabot	Team Riverway	624	66	M	40: 13-99	1:03:03.8	20:30/M
82	Maddison Duchesne	Team Caldwell	570	20	F	35: 13-99	1:03:06.9	20:28/M
83	Ryan Stapel	Team Caldwell	569	26	M	41: 13-99	1:03:09.7	20:28/M
84	Kerry Morelli		630	32	F	36: 13-99	1:03:39.2	20:46/M
85	Bronson Morelli		631	1	M	3: 1-12	1:03:46.7	20:46/M
86	Tammie Morelli		628	59	F	37: 13-99	1:03:47.3	20:46/M
87	Paula Picardi	Team Riverway	605	63	F	38: 13-99	1:04:09.0	20:50/M
88	Alistair Wattam		525	50	M	42: 13-99	1:04:41.3	21:00/M
89	Susan Mascott		545	61	F	39: 13-99	1:04:42.3	21:00/M
90	Sandra Constable	Team Caldwell	576	67	F	40: 13-99	1:05:14.2	21:11/M
91	Unknown Partic. 949		949		M	1: 0- 0	1:10:45.9	23:01/M
92	Unknown Partic. 950		950		M	2: 0- 0	1:10:47.6	23:01/M
93	Denis Forand	Team Riverway	603	68	M	43: 13-99	1:11:02.8	23:05/M
94	Dennis Forand	Team Riverway	604	43	M	44: 13-99	1:11:10.3	23:05/M

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95	Sara Dasilva	Team Morse	584	44	F	41: 13-99	1:11:15.2	23:01/M
96	Hillary Lamay	Team Morse	617	44	F	42: 13-99	1:11:15.3	23:01/M
97	Stephanie Shackford	Team Riverway	607	41	F	43: 13-99	1:11:15.3	23:08/M
98	Ethan Fraitzl	Team Riverway	610	21	M	45: 13-99	1:11:15.8	23:07/M
99	Haley Shackford	Team Riverway	608	22	F	44: 13-99	1:11:16.3	23:08/M
100	Hannah Shackford	Team Riverway	609	20	F	45: 13-99	1:11:16.3	23:08/M
101	Jeannine Forand	Team Riverway	602	66	F	46: 13-99	1:11:17.5	23:08/M