

Race Date
July 21, 2019

Heart & Sole 2019
Age Group Results

Open

Female Open Winners

<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	Shari Klarfeld	Plainview NY	38	302	12	20:25.6	6:35/M

Male Open Winners

<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	Jossi Fritz-Mauer	Old Bethpage NY	35	72	1	17:46.5	5:44/M

Female Masters Winners

<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	Lee DiPietro	Boynton Beach FL	61	50	21	21:43.2	7:00/M

Male Masters Winners

<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	Joshua Jastemski	Medford NY	40	106	4	18:35.0	6:00/M

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Female 12 and under

<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 *	Naomi Alpern	Huntington Station NY	9	4	134	33:04.3	10:40/M
2 *	Hannah Slomovicz	Plainview NY	10	252	169	37:10.8	12:00/M
3 *	Juliette Marchlewski	Roslyn NY	12	150	211	46:53.4	15:08/M

Male 12 and under

<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 *	Kaleb Mejia	Middle Island NY	11	163	60	26:30.2	8:33/M
2 *	Ian Mitchell	Huntington NY	9	171	82	28:10.8	9:05/M
3 *	Johnny Irwin	Smithtown NY	8	332	87	28:40.9	9:15/M
4	Adam Malkoff	Plainview NY	11	145	109	30:59.3	10:00/M
5	Justin Bocian	Old Bethpage NY	11	18	142	34:39.4	11:11/M
6	Kevin Conrad	Lake Ronkonkoma NY	12	37	196	42:50.3	13:49/M
7	Rujun Li	Plainview NY	10	138	197	43:00.6	13:52/M
8	Yiannis Mountrakis	Greenvale NY	9	174	199	43:38.7	14:05/M
9	Phillip Labarca	Hicksville NY	10	125	202	44:55.4	14:29/M
10	Haolin Li	Plainview NY	9	137	235	1:08:35.2	22:07/M

Female 13 to 15

<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 *	Ava Nargentino	Plainview NY	15	181	167	37:08.2	11:59/M
2 *	Rosemary Gutierrez	Ridgewood NY	14	93	190	41:48.1	13:29/M
3 *	Angeliki Perrikos	Greenvale NY	13	206	200	43:39.9	14:05/M
4	Kristen Willett	Hicksville NY	14	280	219	49:29.8	15:58/M

Male 13 to 15

<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 *	Brandon Meiner	East Northport NY	15	161	2	18:04.8	5:50/M
2 *	Niko Perrikos	Greenvale NY	15	207	88	28:56.5	9:20/M
3 *	Bradley Nanoo	Plainview NY	14	178	92	29:01.9	9:22/M
4	Zachary Zung	Roslyn NY	14	296	96	29:31.8	9:32/M
5	Brandon Nanoo	Plainview NY	13	179	101	30:13.8	9:45/M
6	Daniel Casal	Plainview NY	15	33	146	35:09.3	11:20/M

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Female 16 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 *	Jordan Schechter	Plainview NY	19	240	189	41:43.5	13:28/M

Male 16 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 *	Luke Shannon	Rockville Centre NY	18	249	7	19:30.5	6:18/M
2 *	Robert Casal	Plainview NY	17	34	17	21:08.3	6:49/M
3 *	Ryan Willett	Hicksville NY	18	281	53	25:52.7	8:21/M

Female 20 to 24

<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 *	Olivia Taubenfeld	Plainview NY	20	264	63	26:47.7	8:39/M
2 *	Sofia Yang	Syosset NY	23	290	115	31:14.8	10:05/M
3 *	Jenna Errante	Wantagh NY	22	327	131	32:39.9	10:32/M

Male 20 to 24

<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 *	Greg Rachman	Huntington NY	24	305	3	18:24.7	5:56/M
2 *	Tom Meehan	Manorville NY	23	298	6	19:10.3	6:11/M

Female 25 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 *	Stacianne Lester	Plainview NY	26	134	43	24:15.2	7:49/M
2 *	Mirian Romero	Locust Valley NY	29	318	73	27:31.6	8:53/M
3 *	Robin Allen	Plainview NY	29	3	94	29:07.1	9:24/M
4	Joanna Laine	Brooklyn NY	29	128	133	32:43.6	10:33/M
5	Bethany Reppert	Bayville NY	26	224	175	38:32.8	12:26/M

Male 25 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 *	Mario Ferone	Plainview NY	26	335	8	19:34.4	6:19/M
2 *	Eric Engelman	New York NY	29	313	14	20:38.9	6:40/M
3 *	Michael Fagiola	Bayville NY	26	57	40	23:43.6	7:39/M
4	Taner Oztimurlenk	Islip NY	29	328	75	27:39.5	8:55/M

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Male 25 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>
5	Daniel Naranjo	Farmingdale NY	28	180	116	31:15.8	10:05/M
6	Shaan Khemlani	Plainview NY	27	117	124	31:38.8	10:13/M
7	Austin Lester	Plainviewplainview NY	25	132	160	36:19.9	11:43/M

Female 30 to 34

<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 *	Lena Edelstein	Old Bethpage NY	32	54	13	20:29.4	6:37/M
2 *	Lisa Bonanni	Selden NY	32	307	48	24:53.6	8:02/M
3 *	Abilene De Jesus	Levittown NY	30	45	125	31:49.7	10:16/M
4	Stephanie Lucia	West Islip NY	34	143	127	32:22.7	10:27/M
5	Liana Pitonyak	Lebanon PA	33	214	141	34:34.4	11:09/M
6	Jessica Merkel	Roslyn NY	31	164	153	35:47.9	11:33/M
7	Jessica Castoro	Huntington Station NY	31	35	191	41:48.8	13:29/M
8	Yuying Zhao	Plainview NY	33	294	236	1:08:36.2	22:08/M

Male 30 to 34

<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 *	Evgeny Amelchenko	Moscow	33	8	5	18:48.5	6:04/M
2 *	Keith Masso	Glen Cove NY	32	155	25	22:12.8	7:10/M
3 *	Marty Hendershot	Plainview NY	33	100	47	24:49.3	8:00/M
4	Brett Miceli	Williston Park NY	33	165	51	25:45.2	8:18/M
5	Shouqiang Li	Plainview NY	33	139	156	36:03.9	11:38/M
6	Daniel Pitonyak	Lebanon PA	33	213	172	37:44.7	12:11/M

Female 35 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 *	Christina Mejia	Middle Island NY	35	162	62	26:33.9	8:34/M
2 *	Jacqueline Poulos	Huntington Station NY	38	220	95	29:26.4	9:30/M
3 *	Talia Ostreicher	Lawrence NY	37	198	99	29:55.1	9:39/M
4	Kelly Sachs	Bethpage NY	39	235	119	31:23.3	10:08/M
5	Diana Murphy	Melville NY	35	176	129	32:34.4	10:30/M
6	Jennifer Murphy	Plainview NY	39	177	137	34:10.6	11:01/M
7	Sheetal Alreja	Hicksville NY	37	6	147	35:09.8	11:21/M
8	Janet Retto	Elmont NY	38	225	155	35:56.5	11:36/M
9	Erin Gregorio	Massapequa NY	36	89	158	36:16.9	11:42/M
10	Suzanne Marta	East Meadow NY	37	152	186	41:32.4	13:24/M

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Male 35 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 *	Daniel Harvey	Glen Head NY	35	98	9	19:56.5	6:26/M
2 *	Marc Sonnenberg	Plainview NY	39	258	10	20:15.2	6:32/M
3 *	Joseph Klubnick	Massapequamassapequ	38	119	36	23:08.9	7:28/M
4	Craig Shiffrin	Plainview NY	39	250	41	23:51.6	7:42/M
5	Daniel Salerno	Merrick NY	36	237	42	24:07.3	7:47/M
6	Shaun McCorkell	Massapequa NY	38	156	49	25:06.0	8:06/M
7	David Drebsky	Plainview NY	38	330	71	27:16.7	8:48/M
8	Michael Ostreicher	Lawrence NY	38	196	90	28:58.0	9:21/M

Female 40 to 44

<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 *	Karen Harte	West Islip NY	44	97	28	22:27.2	7:15/M
2 *	Natalie Mason	Greenlawn NY	40	154	32	22:50.2	7:22/M
3 *	Lynda Maniscalco	Patchogue NY	42	147	78	27:54.3	9:00/M
4	Mary Thomas	West Babylon NY	40	267	93	29:04.4	9:23/M
5	Gosia Mitchell	Huntington NY	42	170	108	30:50.8	9:57/M
6	Rosiyell Garcia	Oyster Bay NY	42	319	118	31:20.6	10:07/M
7	Pamala Ricotta	Bellmore NY	44	227	222	52:04.0	16:48/M

Male 40 to 44

<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 *	Aaron Billig	Plainview NY	40	15	20	21:29.6	6:56/M
2 *	Robert Hegedus	Flushing NY	43	99	22	21:51.7	7:03/M
3 *	Binyamin Rubin	Smithtown NY	41	233	27	22:24.3	7:14/M
4	Jimmy Peck	Huntington Station NY	44	202	31	22:45.2	7:20/M
5	Yoshitaka Isojima	Plainview NY	43	103	34	22:57.3	7:24/M
6	Andrew Garcia	Mineola NY	43	75	39	23:40.1	7:38/M
7	John Irwin	Smithtown NY	44	331	100	29:55.9	9:39/M
8	James Malkoff	Plainview NY	41	146	111	30:59.5	10:00/M
9	Eric Weinstein	Dix Hills NY	41	276	183	40:20.0	13:01/M
10	Venkata Ram Marada	Hicksville NY	44	148	184	40:40.3	13:07/M
11	Michael Conrad	Lake Ronkonkoma NY	42	38	203	44:59.5	14:31/M
12	Zachary Alpern	Huntington Station NY	44	5	209	46:40.5	15:03/M
13	Rob Marchlewski	Roslyn NY	43	151	212	46:53.6	15:08/M

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Age Group Results

Open

Female 45 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 *	Alicia Friedman	Plainview NY	45	69	33	22:51.9	7:23/M
2 *	Jenney Tesoriero	Westbury NY	48	266	44	24:19.7	7:51/M
3 *	Dina Villanueva	Oyster Bay NY	45	320	74	27:33.0	8:53/M
4	Elizabeth Dachel	Nesconset NY	48	44	104	30:24.0	9:48/M
5	Xiaozhi Crystal Ye	Flushing NY	46	292	113	31:02.8	10:01/M
6	Delcy Winters	Elmont NY	49	285	117	31:19.9	10:06/M
7	Gretchen Derov	Massapequa NY	46	49	132	32:41.6	10:33/M
8	Amy Fliegelman	Plainview NY	48	64	138	34:12.4	11:02/M
9	Maryellen Loiacono	Lindenhurst NY	45	141	148	35:10.7	11:21/M
10	Linn Weissman	Jericho NY	47	277	149	35:19.6	11:24/M
11	Kelly Rhatigan	Merrick NY	46	226	151	35:34.8	11:29/M
12	Geisha Curet	East Meadow NY	45	42	152	35:42.8	11:31/M
13	Dena Kaplan	Plainview NY	45	110	164	36:41.9	11:50/M
14	Stacy Slomovicz	Plainview NY	45	253	168	37:10.6	12:00/M
15	Bridget Nargentino	Plainview NY	45	182	170	37:14.1	12:01/M
16	Joan Smith	Medford NY	49	254	180	39:37.4	12:47/M
17	Kris Reilly	Nesconset NY	48	223	185	41:11.6	13:17/M
18	Truc Labarca	Hicksville NY	47	126	207	46:19.9	14:57/M
19	Elizabeth Nuzzo	Whitestone NY	49	334	213	46:59.1	15:09/M
20	Deanna Correia	Westbury NY	48	39	224	52:10.3	16:50/M
21	Laura Sullivan	Merrick NY	46	262	232	1:03:21.5	20:26/M

Male 45 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 *	Milton Yanza	Patchogue NY	47	291	29	22:38.0	7:18/M
2 *	Craig Lerman	Plainview NY	47	301	55	26:14.1	8:28/M
3 *	Seth Goodstein	Merrick NY	49	84	79	27:54.9	9:00/M
4	Rob Levy	Plainview NY	47	136	80	28:01.7	9:03/M
5	Jeffrey Curet	East Meadow NY	46	43	103	30:16.7	9:46/M

Female 50 to 54

<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 *	Allison Katz	Plainview NY	53	112	72	27:26.0	8:51/M
2 *	Dawn May	Sea Cliff NY	51	299	105	30:34.8	9:52/M
3 *	Lucy Reed	Fort Lauderdale FL	52	222	139	34:24.8	11:06/M
4	Stephanie Plotkin	Plainview NY	53	216	143	34:41.5	11:11/M
5	Viviana McNamee	Old Bethpage NY	50	160	188	41:42.3	13:27/M
6	Jennifer Errante	Wantagh NY	52	323	193	42:05.8	13:35/M

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Female 50 to 54

<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>
7	Judi Nichols	Plainview NY	52	188	210	46:51.5	15:07/M
8	Ellen McKenna Hieber	Bethpage NY	51	158	215	48:00.7	15:29/M
9	Reema Nirola	Plainview NY	50	189	223	52:09.7	16:50/M
10	Megan Riordan	Merrick NY	51	229	225	52:14.6	16:51/M
11	Evette Gonzalez	Plainview NY	53	82	229	57:04.7	18:25/M

Male 50 to 54

<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 *	Jose Gutierrez	Ridgewood NY	52	92	15	20:42.8	6:41/M
2 *	Qiang Chen	Syosset NY	51	322	16	20:44.1	6:41/M
3 *	Christopher Frank	Seaford NY	52	67	19	21:21.4	6:53/M
4	Robert Taubenfeld	Plainview NY	54	265	24	22:08.3	7:09/M
5	Curt Clausen	New York NY	51	324	38	23:26.1	7:34/M
6	Jim Sommer	Massapequa NY	54	257	50	25:07.8	8:06/M
7	Ben Walden	Centerport NY	52	272	59	26:27.9	8:32/M
8	Andy Altman	Great Neck NY	53	321	66	26:53.7	8:41/M
9	Chris Fiume	Plainview NY	54	63	67	26:55.5	8:41/M
10	Mark Temkin	Plainview NY	51	315	81	28:09.5	9:05/M
11	Jason Katz	Plainview NY	52	113	85	28:18.5	9:08/M
12	Joe Xiao	Fresh Meadows NY	51	289	114	31:03.7	10:01/M
13	Michael Zung	Roslyn NY	50	295	123	31:35.3	10:11/M
14	Quintis Pinder	Corona NY	50	212	126	32:14.7	10:24/M
15	Thomas Willett	Hicksville NY	51	282	157	36:06.7	11:39/M
16	Dominick Nuzzo	Whitestone NY	50	333	174	38:11.5	12:19/M

Female 55 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 *	Karen Nora	Northport NY	58	304	57	26:18.2	8:29/M
2 *	Ellen Greenspan	Mill Neck NY	58	300	65	26:50.0	8:39/M
3 *	Eve Nebenhaus	Manhasset NY	59	183	84	28:17.6	9:08/M
4	Maria Fucella	Levittown NY	58	309	91	28:58.3	9:21/M
5	Louise Senato	Merrick NY	56	248	120	31:23.6	10:08/M
6	Liz Pfeifer	East Norwich NY	58	209	150	35:22.4	11:25/M
7	Amy Goldstein	Farmingdale NY	59	80	161	36:23.2	11:44/M
8	Iwona Enzinger	Syosset NY	57	56	165	37:00.6	11:56/M
9	Terri Lester	Plainview NY	55	135	173	38:07.1	12:18/M
10	Sharon Garfinkel	Huntington NY	57	76	177	39:30.2	12:45/M
11	Joyce Wong	Bayville NY	57	288	179	39:36.2	12:47/M

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Open

Female 55 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>
12	Debby Snider	Roslyn NY	58	255	194	42:11.3	13:37/M
13	Debra Stewart	Selden NY	55	261	216	48:06.6	15:31/M

Male 55 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 *	Alan Baisch	Deer Park NY	57	10	11	20:23.3	6:35/M
2 *	John Rossi	West Islip NY	56	232	23	22:00.3	7:06/M
3 *	Paul Bonanni	Selden NY	58	22	35	23:07.9	7:28/M
4	Francis McNamee	Old Bethpage NY	56	159	76	27:50.0	8:59/M
5	Mark Plotkin	Plainview NY	55	215	97	29:38.9	9:34/M
6	Keith Boehm	Central Islip NY	59	21	107	30:46.2	9:56/M
7	Micha Snider	Roslyn NY	55	256	128	32:27.1	10:28/M
8	Gerard Ruiz	Hicksville NY	59	234	145	35:06.0	11:19/M
9	Joey Arken	Albertson NY	57	9	166	37:06.3	11:58/M
10	Larry Kurtzman	Plainview NY	56	122	176	38:50.8	12:32/M
11	James Errante	Wantagh NY	57	325	187	41:42.2	13:27/M
12	Louis Jainchill	Woodbury NY	55	297	221	51:51.6	16:44/M
13	David Kaplan	Glen Cove NY	55	317	233	1:03:34.6	20:31/M

Female 60 to 64

<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 *	Jodi Brodsky	Atlantic Beach NY	64	29	45	24:35.4	7:56/M
2 *	Dolores Doman	Huntington Station NY	62	314	46	24:40.7	7:58/M
3 *	Denise Marie Jordan	Flushing NY	62	108	135	33:22.7	10:46/M
4	Donna Rosen	Jericho NY	63	230	136	34:09.9	11:01/M
5	Joanne Kong	West Babylon NY	61	121	162	36:38.2	11:49/M
6	Deeann Grappone	Bethpage NY	64	88	192	42:01.1	13:33/M
7	Linda Pelsinger	Plainview NY	64	204	195	42:11.9	13:37/M
8	Barbara Blatt	Huntington NY	61	16	205	45:21.9	14:38/M
9	Jolene Boden	Oceanside NY	64	20	217	48:59.4	15:48/M
10	Deborah Gordon	Malverne NY	60	85	226	52:22.1	16:54/M
11	Dolorita De Jesus	Levittown NY	64	46	231	1:03:02.1	20:20/M

Male 60 to 64

<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 *	Gareth Brancato	Williston Park NY	60	24	18	21:16.9	6:52/M

Heart & Sole 2019
Age Group Results

Open

Male 60 to 64

<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	* Eddie Ward	West Hempstead NY	63	326	26	22:18.1	7:12/M
3	* Jon Wallach	Levittown NY	63	274	30	22:44.0	7:20/M
4	Glenn Murphy	Miller Place NY	60	303	37	23:16.2	7:30/M
5	Neal Riemenschneider	Winchester VA	64	228	52	25:49.2	8:20/M
6	Tom Crane	Plainview NY	62	41	54	25:53.6	8:21/M
7	Robert Eslick	Old Bethpage NY	64	308	56	26:16.0	8:28/M
8	Glen Wolther	Jericho NY	62	312	58	26:25.7	8:32/M
9	Pj Diskin	Mineola NY	63	51	61	26:31.8	8:33/M
10	Paul Nelson	Saint James NY	64	187	68	26:57.2	8:42/M
11	Bill Niedfeld	Seaford NY	60	310	106	30:43.6	9:55/M
12	John Nora	Massapequa Park NY	62	190	122	31:35.2	10:11/M
13	Steven Lamel	Plainview NY	61	130	140	34:32.7	11:09/M
14	Steven Blatt	Huntington NY	61	17	206	45:21.9	14:38/M
15	Arthur Boden	Plainview NY	63	19	208	46:40.2	15:03/M
16	Brian O'haire	Bethpage NY	61	200	220	50:27.1	16:16/M

Female 65 to 69

<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	* Susan Keogh	Bellmore NY	66	115	64	26:48.6	8:39/M
2	* Gloria Withus	Brentwood NY	69	286	121	31:31.2	10:10/M
3	* Pamela Brown	Islip NY	67	31	130	32:34.7	10:31/M
4	Anne Kilarjian	Rockville Centre NY	65	118	159	36:19.2	11:43/M
5	Patricia Carroll	West Islip NY	67	32	171	37:32.8	12:07/M
6	Aleta Laine	Carle Place NY	68	127	214	47:37.3	15:22/M
7	Lois Miceli	Sea Cliff NY	68	167	228	54:42.0	17:39/M

Male 65 to 69

<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	* Scott Fairgrieve	Mineola NY	68	58	69	27:07.6	8:45/M
2	* Richard Brodsky	Atlantic Beach NY	66	30	77	27:53.3	9:00/M
3	* Thomas Laine	Carle Place NY	69	129	98	29:52.5	9:38/M
4	Ehud Golos	East Hills NY	68	81	112	31:00.8	10:00/M
5	Stephen Mighdoll	Roslyn NY	67	168	198	43:28.3	14:01/M
6	Sal Mirando	Plainview NY	69	169	201	44:34.6	14:23/M
7	Cary David Kessler	Plainview NY	66	116	230	57:05.7	18:25/M

Race Date
July 21, 2019

Heart & Sole 2019

Age Group Results

Open

Female 70 to 74

<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 *	Constance Sehlmeier	Syosset NY	73	247	70	27:15.5	8:48/M
2 *	Carmelita Kasper	Huntington Station NY	71	111	144	34:57.3	11:17/M
3 *	Paula Groothuis	Albertson NY	70	90	218	49:28.4	15:58/M

Male 70 to 74

<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 *	Shawn Momtahan	Bay Shore NY	70	172	83	28:13.3	9:06/M
2 *	Ken Della Rocca	Oyster Bay NY	71	48	86	28:21.6	9:09/M
3 *	Bob Patterson	Hicksville NY	73	201	89	28:57.3	9:20/M
4	Hubert Keen	Garden City NY	74	114	102	30:15.7	9:46/M
5	Richard Fulgieri	Melville NY	71	73	110	30:59.3	10:00/M
6	Chris Miceli	Sea Cliff NY	73	166	182	40:18.9	13:00/M
7	Bernard Alter	Baldwin NY	71	7	227	52:40.9	17:00/M

Male 75 to 79

<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 *	Diarmuid White	Douglaston NY	76	278	154	35:48.3	11:33/M
2 *	Michael Ogazon	Garden City NY	78	192	163	36:39.4	11:50/M

Male 80 to 84

<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 *	Rolf Sternglanz	Stony Brook NY	80	260	181	40:12.1	12:58/M
2 *	Martin Schwartz	Wantagh NY	81	243	204	45:10.3	14:34/M
3 *	Howard Sitomer	Plainview NY	82	251	234	1:07:21.6	21:44/M

Male 85 to 89

<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 *	Carlos A Morales	Corona NY	85	173	178	39:31.6	12:45/M