

**Caumsett 50k Non Champion Lap Splits 2016**

Place	Name	City	State	Bib No	Gender/Age	Laps	Time	Total Time	Pace	Distance
1	Padraig Mullins	Cambridge	MA	56	M/34	10		3:36:12.8	6:58/M	31.000
						Lap 1	20:18.1	20:18.1	6:33/M	3.100
						Lap 2	20:34.1	40:52.2	6:38/M	3.100
						Lap 3	20:42.2	1:01:34.5	6:41/M	3.100
						Lap 4	21:13.3	1:22:47.8	6:51/M	3.100
						Lap 5	21:13.7	1:44:01.6	6:51/M	3.100
						Lap 6	22:05.3	2:06:06.9	7:07/M	3.100
						Lap 7	22:18.2	2:28:25.2	7:12/M	3.100
						Lap 8	22:23.9	2:50:49.1	7:13/M	3.100
						Lap 9	22:50.1	3:13:39.2	7:22/M	3.100
						Lap 10	22:33.5	3:36:12.8	7:16/M	3.100
2	Matthew McKenna	New York	NY	49	M/30	10		3:39:28.4	7:05/M	31.000
						Lap 1	22:51.8	22:51.8	7:22/M	3.100
						Lap 2	21:25.0	44:16.9	6:55/M	3.100
						Lap 3	21:20.0	1:05:36.9	6:53/M	3.100
						Lap 4	21:27.4	1:27:04.4	6:55/M	3.100
						Lap 5	21:35.9	1:48:40.4	6:58/M	3.100
						Lap 6	21:39.5	2:10:19.9	6:59/M	3.100
						Lap 7	22:00.5	2:32:20.4	7:06/M	3.100
						Lap 8	22:42.4	2:55:02.8	7:19/M	3.100
						Lap 9	22:26.8	3:17:29.7	7:14/M	3.100
						Lap 10	21:58.7	3:39:28.4	7:05/M	3.100
3	Lou Donofrio	Wallingford	PA	22	M/37	10		3:41:54.5	7:09/M	31.000
						Lap 1	20:09.7	20:09.7	6:30/M	3.100
						Lap 2	20:21.7	40:31.5	6:34/M	3.100
						Lap 3	20:48.0	1:01:19.5	6:43/M	3.100
						Lap 4	21:00.9	1:22:20.5	6:46/M	3.100
						Lap 5	21:28.6	1:43:49.1	6:55/M	3.100
						Lap 6	21:45.4	2:05:34.5	7:01/M	3.100
						Lap 7	22:18.8	2:27:53.3	7:12/M	3.100
						Lap 8	23:22.8	2:51:16.2	7:32/M	3.100
						Lap 9	24:37.1	3:15:53.3	7:56/M	3.100
						Lap 10	26:01.2	3:41:54.5	8:24/M	3.100
4	John Kemp	Sheffield	MA	37	M/48	10		3:47:52.7	7:21/M	31.000
						Lap 1	21:57.7	21:57.7	7:05/M	3.100
						Lap 2	21:19.1	43:16.8	6:53/M	3.100
						Lap 3	21:31.8	1:04:48.7	6:56/M	3.100
						Lap 4	21:27.1	1:26:15.8	6:55/M	3.100
						Lap 5	21:36.7	1:47:52.6	6:58/M	3.100
						Lap 6	21:42.5	2:09:35.2	7:00/M	3.100
						Lap 7	22:00.5	2:31:35.7	7:06/M	3.100
						Lap 8	23:02.6	2:54:38.3	7:26/M	3.100
						Lap 9	26:57.8	3:21:36.2	8:42/M	3.100
						Lap 10	26:16.4	3:47:52.7	8:28/M	3.100
5	Seamus Pender	Maspeth N.york	NY	60	M/43	10		3:56:01.8	7:37/M	31.000
						Lap 1	23:26.2	23:26.2	7:34/M	3.100
						Lap 2	23:12.5	46:38.8	7:29/M	3.100
						Lap 3	23:26.5	1:10:05.3	7:34/M	3.100
						Lap 4	24:38.0	1:34:43.3	7:57/M	3.100
						Lap 5	23:16.1	1:57:59.4	7:30/M	3.100
						Lap 6	23:33.4	2:21:32.8	7:36/M	3.100
						Lap 7	23:59.0	2:45:31.9	7:44/M	3.100
						Lap 8	23:40.9	3:09:12.9	7:38/M	3.100

				60		Lap 9	23:53.3	3:33:06.3	7:42/M	3.100
				60		Lap 10	22:55.5	3:56:01.8	7:24/M	3.100
6	Paul Banel	Brooklyn	NY	5	M/27	10		4:03:23.5	7:51/M	31.000
				5		Lap 1	20:30.6	20:30.6	6:37/M	3.100
				5		Lap 2	20:40.1	41:10.8	6:40/M	3.100
				5		Lap 3	20:48.5	1:01:59.4	6:43/M	3.100
				5		Lap 4	21:06.4	1:23:05.8	6:48/M	3.100
				5		Lap 5	21:05.9	1:44:11.7	6:48/M	3.100
				5		Lap 6	21:39.6	2:05:51.4	6:59/M	3.100
				5		Lap 7	25:30.5	2:31:21.9	8:14/M	3.100
				5		Lap 8	22:33.2	2:53:55.2	7:16/M	3.100
				5		Lap 9	35:45.4	3:29:40.6	11:32/M	3.100
				5		Lap 10	33:42.9	4:03:23.5	10:52/M	3.100
7	Nathan Matsui	Huntingtn Sta	NY	46	M/36	10		4:10:37.3	8:05/M	31.000
				46		Lap 1	23:32.7	23:32.7	7:35/M	3.100
				46		Lap 2	23:43.5	47:16.3	7:39/M	3.100
				46		Lap 3	22:41.8	1:09:58.1	7:19/M	3.100
				46		Lap 4	22:42.6	1:32:40.8	7:19/M	3.100
				46		Lap 5	24:04.1	1:56:44.9	7:46/M	3.100
				46		Lap 6	23:52.0	2:20:36.9	7:42/M	3.100
				46		Lap 7	26:03.8	2:46:40.8	8:24/M	3.100
				46		Lap 8	27:05.0	3:13:45.8	8:44/M	3.100
				46		Lap 9	27:37.8	3:41:23.6	8:55/M	3.100
				46		Lap 10	29:13.7	4:10:37.3	9:25/M	3.100
8	Daniel Kortick	Somers	NY	40	M/49	10		4:16:00.3	8:15/M	31.000
				40		Lap 1	26:23.2	26:23.2	8:31/M	3.100
				40		Lap 2	24:31.1	50:54.3	7:55/M	3.100
				40		Lap 3	25:05.2	1:15:59.6	8:05/M	3.100
				40		Lap 4	25:10.9	1:41:10.5	8:07/M	3.100
				40		Lap 5	25:36.3	2:06:46.9	8:15/M	3.100
				40		Lap 6	25:12.7	2:31:59.7	8:08/M	3.100
				40		Lap 7	24:49.7	2:56:49.4	8:00/M	3.100
				40		Lap 8	25:06.9	3:21:56.4	8:06/M	3.100
				40		Lap 9	26:24.0	3:48:20.5	8:31/M	3.100
				40		Lap 10	27:39.8	4:16:00.3	8:55/M	3.100
9	Gerald Tabios	Elmhurst	NY	73	M/46	10		4:21:39.8	8:26/M	31.000
				73		Lap 1	25:56.6	25:56.6	8:22/M	3.100
				73		Lap 2	25:09.6	51:06.2	8:07/M	3.100
				73		Lap 3	25:21.1	1:16:27.3	8:11/M	3.100
				73		Lap 4	25:30.4	1:41:57.8	8:14/M	3.100
				73		Lap 5	25:45.4	2:07:43.3	8:18/M	3.100
				73		Lap 6	25:28.6	2:33:11.9	8:13/M	3.100
				73		Lap 7	26:24.2	2:59:36.1	8:31/M	3.100
				73		Lap 8	27:06.8	3:26:42.9	8:45/M	3.100
				73		Lap 9	27:59.6	3:54:42.5	9:02/M	3.100
				73		Lap 10	26:57.2	4:21:39.8	8:42/M	3.100
10	Roman Matuska	New York	NY	47	M/40	10		4:24:12.1	8:31/M	31.000
				47		Lap 1	25:10.6	25:10.6	8:07/M	3.100
				47		Lap 2	24:15.7	49:26.4	7:49/M	3.100
				47		Lap 3	24:36.5	1:14:02.9	7:56/M	3.100
				47		Lap 4	24:32.5	1:38:35.5	7:55/M	3.100
				47		Lap 5	24:55.1	2:03:30.6	8:02/M	3.100
				47		Lap 6	25:25.2	2:28:55.9	8:12/M	3.100
				47		Lap 7	26:26.6	2:55:22.6	8:32/M	3.100
				47		Lap 8	28:19.7	3:23:42.3	9:08/M	3.100
				47		Lap 9	29:26.3	3:53:08.6	9:30/M	3.100

				47		Lap 10	31:03.5	4:24:12.1	10:01/M	3.100
11	Richard Camerik	Bedford	NY	11	M/51	10		4:24:44.3	8:32/M	31.000
				11		Lap 1	25:50.9	25:50.9	8:20/M	3.100
				11		Lap 2	24:36.4	50:27.3	7:56/M	3.100
				11		Lap 3	25:53.6	1:16:20.9	8:21/M	3.100
				11		Lap 4	24:51.7	1:41:12.7	8:01/M	3.100
				11		Lap 5	26:36.7	2:07:49.5	8:35/M	3.100
				11		Lap 6	26:53.1	2:34:42.7	8:40/M	3.100
				11		Lap 7	27:09.8	3:01:52.5	8:45/M	3.100
				11		Lap 8	28:42.9	3:30:35.5	9:15/M	3.100
				11		Lap 9	27:37.4	3:58:12.9	8:55/M	3.100
				11		Lap 10	26:31.3	4:24:44.3	8:33/M	3.100
12	Stephen Green	New York	NY	31	M/29	10		4:30:43.8	8:44/M	31.000
				31		Lap 1	23:41.1	23:41.1	7:38/M	3.100
				31		Lap 2	24:10.2	47:51.4	7:48/M	3.100
				31		Lap 3	23:31.1	1:11:22.5	7:35/M	3.100
				31		Lap 4	24:05.7	1:35:28.3	7:46/M	3.100
				31		Lap 5	24:50.9	2:00:19.3	8:01/M	3.100
				31		Lap 6	26:49.1	2:27:08.4	8:39/M	3.100
				31		Lap 7	28:09.7	2:55:18.2	9:05/M	3.100
				31		Lap 8	29:35.5	3:24:53.8	9:33/M	3.100
				31		Lap 9	31:17.9	3:56:11.7	10:05/M	3.100
				31		Lap 10	34:32.1	4:30:43.8	11:08/M	3.100
13	Alex Schneider	Great Neck	NY	68	M/25	10		4:31:30.1	8:45/M	31.000
				68		Lap 1	23:45.2	23:45.2	7:40/M	3.100
				68		Lap 2	24:42.1	48:27.4	7:58/M	3.100
				68		Lap 3	25:29.1	1:13:56.5	8:13/M	3.100
				68		Lap 4	24:44.2	1:38:40.8	7:59/M	3.100
				68		Lap 5	25:52.7	2:04:33.5	8:21/M	3.100
				68		Lap 6	26:11.2	2:30:44.7	8:27/M	3.100
				68		Lap 7	27:27.9	2:58:12.7	8:51/M	3.100
				68		Lap 8	29:28.0	3:27:40.8	9:30/M	3.100
				68		Lap 9	29:49.9	3:57:30.7	9:37/M	3.100
				68		Lap 10	33:59.4	4:31:30.1	10:58/M	3.100
14	Tina Vaccarella	Cutchogue	NY	76	F/40	10		4:32:36.5	8:48/M	31.000
				76		Lap 1	25:29.2	25:29.2	8:13/M	3.100
				76		Lap 2	25:32.6	51:01.8	8:14/M	3.100
				76		Lap 3	26:50.7	1:17:52.5	8:39/M	3.100
				76		Lap 4	26:04.3	1:43:56.8	8:25/M	3.100
				76		Lap 5	26:30.2	2:10:27.1	8:33/M	3.100
				76		Lap 6	26:07.7	2:36:34.9	8:25/M	3.100
				76		Lap 7	26:06.3	3:02:41.2	8:25/M	3.100
				76		Lap 8	26:08.2	3:28:49.5	8:26/M	3.100
				76		Lap 9	32:52.2	4:01:41.8	10:36/M	3.100
				76		Lap 10	30:54.7	4:32:36.5	9:58/M	3.100
15	Indira Schwarting	Southold	NY	69	F/33	10		4:32:37.3	8:48/M	31.000
				69		Lap 1	25:28.7	25:28.7	8:13/M	3.100
				69		Lap 2	25:32.7	51:01.5	8:14/M	3.100
				69		Lap 3	26:51.2	1:17:52.7	8:40/M	3.100
				69		Lap 4	26:05.4	1:43:58.1	8:25/M	3.100
				69		Lap 5	26:29.5	2:10:27.6	8:33/M	3.100
				69		Lap 6	26:09.2	2:36:36.9	8:26/M	3.100
				69		Lap 7	26:38.5	3:03:15.5	8:35/M	3.100
				69		Lap 8	28:34.8	3:31:50.3	9:13/M	3.100
				69		Lap 9	29:51.9	4:01:42.3	9:38/M	3.100
				69		Lap 10	30:55.0	4:32:37.3	9:58/M	3.100

16	Frank Auletta	Deer Park	NY	4	M/25	10	4:51:08.4	9:23/M	31.000	
				4		Lap 1	28:51.7	28:51.7	9:18/M	3.100
				4		Lap 2	28:28.1	57:19.8	9:11/M	3.100
				4		Lap 3	28:18.5	1:25:38.4	9:08/M	3.100
				4		Lap 4	28:36.9	1:54:15.4	9:14/M	3.100
				4		Lap 5	28:40.7	2:22:56.1	9:15/M	3.100
				4		Lap 6	28:49.1	2:51:45.3	9:18/M	3.100
				4		Lap 7	28:38.6	3:20:23.9	9:14/M	3.100
				4		Lap 8	29:19.7	3:49:43.7	9:27/M	3.100
				4		Lap 9	30:06.1	4:19:49.8	9:43/M	3.100
				4		Lap 10	31:18.5	4:51:08.4	10:06/M	3.100
17	Jaclyn Fahey	Wantagh	NY	23	F/33	10	4:52:27.6	9:26/M	31.000	
				23		Lap 1	30:12.2	30:12.2	9:45/M	3.100
				23		Lap 2	30:04.2	1:00:16.5	9:42/M	3.100
				23		Lap 3	30:08.8	1:30:25.3	9:43/M	3.100
				23		Lap 4	28:54.0	1:59:19.4	9:19/M	3.100
				23		Lap 5	29:09.4	2:28:28.8	9:24/M	3.100
				23		Lap 6	28:58.1	2:57:26.9	9:21/M	3.100
				23		Lap 7	28:43.7	3:26:10.7	9:16/M	3.100
				23		Lap 8	28:43.5	3:54:54.2	9:16/M	3.100
				23		Lap 9	28:43.4	4:23:37.6	9:16/M	3.100
				23		Lap 10	28:49.9	4:52:27.6	9:18/M	3.100
18	Kenneth Colantuoni	Plainview	NY	14	M/45	10	4:52:28.3	9:26/M	31.000	
				14		Lap 1	30:11.8	30:11.8	9:44/M	3.100
				14		Lap 2	30:05.8	1:00:17.7	9:42/M	3.100
				14		Lap 3	30:09.7	1:30:27.4	9:44/M	3.100
				14		Lap 4	28:51.3	1:59:18.8	9:18/M	3.100
				14		Lap 5	29:09.0	2:28:27.8	9:24/M	3.100
				14		Lap 6	28:58.4	2:57:26.3	9:21/M	3.100
				14		Lap 7	28:44.1	3:26:10.5	9:16/M	3.100
				14		Lap 8	28:43.9	3:54:54.4	9:16/M	3.100
				14		Lap 9	28:42.7	4:23:37.2	9:15/M	3.100
				14		Lap 10	28:51.1	4:52:28.3	9:18/M	3.100
19	John Abbate	Yorktown Hts	NY	1	M/60	10	4:52:32.0	9:26/M	31.000	
				1		Lap 1	24:38.1	24:38.1	7:57/M	3.100
				1		Lap 2	23:40.6	48:18.8	7:38/M	3.100
				1		Lap 3	30:24.3	1:18:43.1	9:48/M	3.100
				1		Lap 4	25:50.9	1:44:34.1	8:20/M	3.100
				1		Lap 5	25:57.5	2:10:31.6	8:22/M	3.100
				1		Lap 6	26:10.3	2:36:41.9	8:26/M	3.100
				1		Lap 7	28:29.5	3:05:11.5	9:11/M	3.100
				1		Lap 8	32:28.9	3:37:40.4	10:28/M	3.100
				1		Lap 9	36:18.1	4:13:58.6	11:43/M	3.100
				1		Lap 10	38:33.3	4:52:32.0	12:26/M	3.100
20	Robert Tucci	Manorville	NY	75	M/42	10	4:55:22.8	9:32/M	31.000	
				75		Lap 1	30:13.5	30:13.5	9:45/M	3.100
				75		Lap 2	29:35.7	59:49.2	9:33/M	3.100
				75		Lap 3	25:37.3	1:25:26.6	8:16/M	3.100
				75		Lap 4	25:35.8	1:51:02.4	8:15/M	3.100
				75		Lap 5	26:40.2	2:17:42.6	8:36/M	3.100
				75		Lap 6	26:56.7	2:44:39.4	8:41/M	3.100
				75		Lap 7	28:27.8	3:13:07.2	9:11/M	3.100
				75		Lap 8	30:50.0	3:43:57.2	9:57/M	3.100
				75		Lap 9	35:45.1	4:19:42.3	11:32/M	3.100
				75		Lap 10	35:40.4	4:55:22.8	11:30/M	3.100

21	Bob Obericehr	Northvale	NJ	82	M/61	10	4:55:28.3	9:32/M	31.000	
				82		Lap 1	27:44.9	27:44.9	8:57/M	3.100
				82		Lap 2	27:52.7	55:37.7	8:59/M	3.100
				82		Lap 3	27:55.6	1:23:33.3	9:00/M	3.100
				82		Lap 4	27:56.2	1:51:29.6	9:01/M	3.100
				82		Lap 5	28:19.0	2:19:48.7	9:08/M	3.100
				82		Lap 6	28:41.0	2:48:29.7	9:15/M	3.100
				82		Lap 7	30:14.6	3:18:44.4	9:45/M	3.100
				82		Lap 8	31:58.5	3:50:42.9	10:19/M	3.100
				82		Lap 9	32:34.4	4:23:17.3	10:30/M	3.100
				82		Lap 10	32:11.0	4:55:28.3	10:23/M	3.100
22	Stephanie Sher	New York	NY	71	F/26	10	4:57:13.9	9:35/M	31.000	
				71		Lap 1	26:23.7	26:23.7	8:31/M	3.100
				71		Lap 2	27:29.1	53:52.8	8:52/M	3.100
				71		Lap 3	25:41.9	1:19:34.7	8:17/M	3.100
				71		Lap 4	28:38.2	1:48:12.9	9:14/M	3.100
				71		Lap 5	27:49.9	2:16:02.9	8:58/M	3.100
				71		Lap 6	31:19.5	2:47:22.4	10:06/M	3.100
				71		Lap 7	33:14.0	3:20:36.5	10:43/M	3.100
				71		Lap 8	32:56.0	3:53:32.6	10:37/M	3.100
				71		Lap 9	33:26.9	4:26:59.5	10:47/M	3.100
				71		Lap 10	30:14.4	4:57:13.9	9:45/M	3.100
23	Claudio Gonzalez	Hempstead	NY	29	M/41	10	5:04:59.1	9:50/M	31.000	
				29		Lap 1	31:10.3	31:10.3	10:03/M	3.100
				29		Lap 2	30:26.4	1:01:36.8	9:49/M	3.100
				29		Lap 3	30:55.1	1:32:31.9	9:58/M	3.100
				29		Lap 4	29:51.1	2:02:23.1	9:38/M	3.100
				29		Lap 5	30:28.3	2:32:51.4	9:50/M	3.100
				29		Lap 6	30:48.2	3:03:39.6	9:56/M	3.100
				29		Lap 7	30:39.5	3:34:19.2	9:53/M	3.100
				29		Lap 8	30:54.8	4:05:14.1	9:58/M	3.100
				29		Lap 9	30:29.6	4:35:43.8	9:50/M	3.100
				29		Lap 10	29:15.3	5:04:59.1	9:26/M	3.100
24	Gareth Field	Cold Spg Hbr	NY	25	M/27	10	5:13:00.1	10:06/M	31.000	
				25		Lap 1	31:51.2	31:51.2	10:16/M	3.100
				25		Lap 2	15:38.0	47:29.2	5:03/M	3.100
				25		Lap 3	24:47.2	1:12:16.4	8:00/M	3.100
				25		Lap 4	26:34.6	1:38:51.1	8:34/M	3.100
				25		Lap 5	31:05.0	2:09:56.1	10:02/M	3.100
				25		Lap 6	31:37.9	2:41:34.1	10:12/M	3.100
				25		Lap 7	33:22.1	3:14:56.2	10:46/M	3.100
				25		Lap 8	39:33.0	3:54:29.2	12:45/M	3.100
				25		Lap 9	42:30.8	4:37:00.1	13:43/M	3.100
				25		Lap 10	36:00.0	5:13:00.1	11:37/M	3.100
25	Scot Binder	Bedford	NY	8	M/53	10	5:14:12.4	10:08/M	31.000	
				8		Lap 1	27:43.1	27:43.1	8:56/M	3.100
				8		Lap 2	27:45.5	55:28.6	8:57/M	3.100
				8		Lap 3	28:01.1	1:23:29.7	9:02/M	3.100
				8		Lap 4	28:45.5	1:52:15.3	9:16/M	3.100
				8		Lap 5	29:52.8	2:22:08.2	9:38/M	3.100
				8		Lap 6	31:51.5	2:53:59.7	10:16/M	3.100
				8		Lap 7	33:30.5	3:27:30.3	10:48/M	3.100
				8		Lap 8	35:10.4	4:02:40.7	11:21/M	3.100
				8		Lap 9	36:30.8	4:39:11.6	11:46/M	3.100
				8		Lap 10	35:00.8	5:14:12.4	11:17/M	3.100
26	Todd Metro	Holtsville	NY	52	M/48	10	5:15:08.6	10:10/M	31.000	

				52		Lap 1	30:11.7	30:11.7	9:44/M	3.100
				52		Lap 2	30:06.0	1:00:17.8	9:43/M	3.100
				52		Lap 3	30:10.8	1:30:28.6	9:44/M	3.100
				52		Lap 4	29:26.9	1:59:55.5	9:30/M	3.100
				52		Lap 5	30:17.1	2:30:12.7	9:46/M	3.100
				52		Lap 6	32:42.5	3:02:55.2	10:33/M	3.100
				52		Lap 7	31:31.3	3:34:26.5	10:10/M	3.100
				52		Lap 8	33:42.3	4:08:08.9	10:52/M	3.100
				52		Lap 9	33:01.4	4:41:10.3	10:39/M	3.100
				52		Lap 10	33:58.3	5:15:08.6	10:57/M	3.100
27	Jack Luquer	Bohemia	NY	45	M/32	10		5:32:45.6	10:44/M	31.000
				45		Lap 1	27:59.4	27:59.4	9:02/M	3.100
				45		Lap 2	27:48.9	55:48.3	8:58/M	3.100
				45		Lap 3	29:07.7	1:24:56.1	9:24/M	3.100
				45		Lap 4	29:25.4	1:54:21.5	9:29/M	3.100
				45		Lap 5	30:31.3	2:24:52.8	9:51/M	3.100
				45		Lap 6	31:40.6	2:56:33.4	10:13/M	3.100
				45		Lap 7	37:28.3	3:34:01.8	12:05/M	3.100
				45		Lap 8	37:43.5	4:11:45.3	12:10/M	3.100
				45		Lap 9	38:59.0	4:50:44.4	12:35/M	3.100
				45		Lap 10	42:01.1	5:32:45.6	13:33/M	3.100
28	Harry Morales	New York	NY	55	M/53	10		5:32:53.7	10:44/M	31.000
				55		Lap 1	30:50.5	30:50.5	9:57/M	3.100
				55		Lap 2	31:17.3	1:02:07.8	10:05/M	3.100
				55		Lap 3	33:23.3	1:35:31.1	10:46/M	3.100
				55		Lap 4	30:58.2	2:06:29.3	9:59/M	3.100
				55		Lap 5	31:22.2	2:37:51.6	10:07/M	3.100
				55		Lap 6	34:13.9	3:12:05.5	11:02/M	3.100
				55		Lap 7	31:37.7	3:43:43.3	10:12/M	3.100
				55		Lap 8	34:12.4	4:17:55.8	11:02/M	3.100
				55		Lap 9	35:40.8	4:53:36.6	11:30/M	3.100
				55		Lap 10	39:17.0	5:32:53.7	12:40/M	3.100
29	Esther Levine	Long Island City	NY	42	F/45	10		5:35:39.8	10:50/M	31.000
				42		Lap 1	31:04.2	31:04.2	10:01/M	3.100
				42		Lap 2	31:38.0	1:02:42.3	10:12/M	3.100
				42		Lap 3	31:12.5	1:33:54.8	10:04/M	3.100
				42		Lap 4	30:20.9	2:04:15.8	9:47/M	3.100
				42		Lap 5	32:20.2	2:36:36.1	10:26/M	3.100
				42		Lap 6	33:48.6	3:10:24.8	10:54/M	3.100
				42		Lap 7	33:18.7	3:43:43.5	10:45/M	3.100
				42		Lap 8	37:53.2	4:21:36.7	12:13/M	3.100
				42		Lap 9	36:07.8	4:57:44.6	11:39/M	3.100
				42		Lap 10	37:55.2	5:35:39.8	12:14/M	3.100
30	Justina Rosado	Ronkonkoma	NY	65	F/22	10		5:39:56.7	10:58/M	31.000
				65		Lap 1	34:08.9	34:08.9	11:01/M	3.100
				65		Lap 2	34:16.3	1:08:25.3	11:03/M	3.100
				65		Lap 3	32:11.3	1:40:36.6	10:23/M	3.100
				65		Lap 4	32:11.0	2:12:47.6	10:23/M	3.100
				65		Lap 5	31:49.2	2:44:36.9	10:16/M	3.100
				65		Lap 6	33:42.2	3:18:19.2	10:52/M	3.100
				65		Lap 7	34:44.5	3:53:03.7	11:12/M	3.100
				65		Lap 8	35:59.7	4:29:03.5	11:36/M	3.100
				65		Lap 9	36:32.0	5:05:35.6	11:47/M	3.100
				65		Lap 10	34:21.1	5:39:56.7	11:05/M	3.100
31	Hiroshi Kitada	Tuckahoe	NY	39	M/50	10		5:42:16.9	11:02/M	31.000
				39		Lap 1	32:07.1	32:07.1	10:22/M	3.100

				39		Lap 2	30:32.6	1:02:39.8	9:51/M	3.100
				39		Lap 3	30:20.0	1:32:59.8	9:47/M	3.100
				39		Lap 4	30:29.2	2:03:29.1	9:50/M	3.100
				39		Lap 5	30:58.8	2:34:27.9	9:59/M	3.100
				39		Lap 6	30:49.3	3:05:17.2	9:56/M	3.100
				39		Lap 7	32:42.0	3:37:59.3	10:33/M	3.100
				39		Lap 8	36:13.4	4:14:12.7	11:41/M	3.100
				39		Lap 9	43:54.3	4:58:07.1	14:10/M	3.100
				39		Lap 10	44:09.7	5:42:16.9	14:15/M	3.100
32	Al Prawda	Brooklyn	NY	62	M/68	10		5:45:46.9	11:09/M	31.000
				62		Lap 1	30:30.8	30:30.8	9:50/M	3.100
				62		Lap 2	30:41.9	1:01:12.8	9:54/M	3.100
				62		Lap 3	31:14.8	1:32:27.7	10:05/M	3.100
				62		Lap 4	32:00.7	2:04:28.4	10:19/M	3.100
				62		Lap 5	33:21.2	2:37:49.6	10:45/M	3.100
				62		Lap 6	35:14.1	3:13:03.7	11:22/M	3.100
				62		Lap 7	36:50.0	3:49:53.8	11:53/M	3.100
				62		Lap 8	37:41.4	4:27:35.3	12:09/M	3.100
				62		Lap 9	40:10.6	5:07:45.9	12:57/M	3.100
				62		Lap 10	38:00.9	5:45:46.9	12:15/M	3.100
33	Matthew Semon	Melville	NY	70	M/42	10		5:45:55.9	11:10/M	31.000
				70		Lap 1	29:59.5	29:59.5	9:40/M	3.100
				70		Lap 2	32:02.1	1:02:01.6	10:20/M	3.100
				70		Lap 3	30:39.4	1:32:41.1	9:53/M	3.100
				70		Lap 4	30:10.4	2:02:51.5	9:44/M	3.100
				70		Lap 5	31:49.4	2:34:40.9	10:16/M	3.100
				70		Lap 6	34:34.9	3:09:15.9	11:09/M	3.100
				70		Lap 7	34:28.8	3:43:44.8	11:07/M	3.100
				70		Lap 8	37:45.6	4:21:30.5	12:11/M	3.100
				70		Lap 9	43:23.2	5:04:53.7	14:00/M	3.100
				70		Lap 10	41:02.1	5:45:55.9	13:14/M	3.100
34	Ira Zaroff	Melville	NY	79	M/40	10		5:45:56.7	11:10/M	31.000
				79		Lap 1	29:59.2	29:59.2	9:40/M	3.100
				79		Lap 2	32:02.2	1:02:01.5	10:20/M	3.100
				79		Lap 3	30:39.4	1:32:40.9	9:53/M	3.100
				79		Lap 4	30:10.2	2:02:51.1	9:44/M	3.100
				79		Lap 5	31:49.8	2:34:40.9	10:16/M	3.100
				79		Lap 6	34:34.9	3:09:15.9	11:09/M	3.100
				79		Lap 7	34:28.3	3:43:44.3	11:07/M	3.100
				79		Lap 8	37:45.9	4:21:30.2	12:11/M	3.100
				79		Lap 9	43:24.1	5:04:54.3	14:00/M	3.100
				79		Lap 10	41:02.3	5:45:56.7	13:14/M	3.100
35	Bill Gross	Ruffigan	CT	83	M/62	10		5:47:07.1	11:12/M	31.000
				83		Lap 1	30:14.1	30:14.1	9:45/M	3.100
				83		Lap 2	31:24.0	1:01:38.1	10:08/M	3.100
				83		Lap 3	31:27.4	1:33:05.6	10:09/M	3.100
				83		Lap 4	31:49.5	2:04:55.1	10:16/M	3.100
				83		Lap 5	34:21.9	2:39:17.1	11:05/M	3.100
				83		Lap 6	33:51.5	3:13:08.6	10:55/M	3.100
				83		Lap 7	36:13.9	3:49:22.5	11:41/M	3.100
				83		Lap 8	36:39.2	4:26:01.8	11:49/M	3.100
				83		Lap 9	40:17.9	5:06:19.8	13:00/M	3.100
				83		Lap 10	40:47.3	5:47:07.1	13:09/M	3.100
36	Bert Voland	Patchogue	NY	77	M/52	10		5:48:26.8	11:14/M	31.000
				77		Lap 1	31:28.5	31:28.5	10:09/M	3.100
				77		Lap 2	31:11.3	1:02:39.8	10:04/M	3.100

				77		Lap 3	30:12.2	1:32:52.1	9:45/M	3.100
				77		Lap 4	32:29.2	2:05:21.3	10:29/M	3.100
				77		Lap 5	32:24.6	2:37:45.9	10:27/M	3.100
				77		Lap 6	35:45.2	3:13:31.1	11:32/M	3.100
				77		Lap 7	36:22.3	3:49:53.4	11:44/M	3.100
				77		Lap 8	38:11.8	4:28:05.3	12:19/M	3.100
				77		Lap 9	40:52.2	5:08:57.5	13:11/M	3.100
				77		Lap 10	39:29.2	5:48:26.8	12:44/M	3.100
37	Stalina Gibson	New York	NY	28	F/32	10		5:52:39.9	11:23/M	31.000
				28		Lap 1	32:27.7	32:27.7	10:28/M	3.100
				28		Lap 2	32:36.0	1:05:03.8	10:31/M	3.100
				28		Lap 3	32:28.5	1:37:32.3	10:28/M	3.100
				28		Lap 4	32:16.2	2:09:48.6	10:25/M	3.100
				28		Lap 5	34:51.6	2:44:40.3	11:15/M	3.100
				28		Lap 6	34:30.2	3:19:10.5	11:08/M	3.100
				28		Lap 7	38:54.8	3:58:05.3	12:33/M	3.100
				28		Lap 8	37:25.4	4:35:30.7	12:04/M	3.100
				28		Lap 9	38:54.4	5:14:25.2	12:33/M	3.100
				28		Lap 10	38:14.7	5:52:39.9	12:20/M	3.100
38	Anthony lafrate	Islip	NY	84	M/48	10		5:56:22.8	11:30/M	31.000
				84		Lap 1	32:49.8	32:49.8	10:35/M	3.100
				84		Lap 2	32:44.4	1:05:34.3	10:34/M	3.100
				84		Lap 3	33:16.6	1:38:51.0	10:44/M	3.100
				84		Lap 4	33:23.8	2:12:14.8	10:46/M	3.100
				84		Lap 5	35:18.0	2:47:32.9	11:23/M	3.100
				84		Lap 6	35:50.5	3:23:23.5	11:34/M	3.100
				84		Lap 7	36:15.8	3:59:39.3	11:42/M	3.100
				84		Lap 8	36:33.8	4:36:13.2	11:47/M	3.100
				84		Lap 9	38:22.4	5:14:35.6	12:23/M	3.100
				84		Lap 10	41:47.1	5:56:22.8	13:29/M	3.100
39	Vess Mitev	Smithtown	NY	54	M/32	10		5:59:15.7	11:35/M	31.000
				54		Lap 1	32:57.6	32:57.6	10:38/M	3.100
				54		Lap 2	32:04.3	1:05:01.9	10:21/M	3.100
				54		Lap 3	32:26.5	1:37:28.5	10:28/M	3.100
				54		Lap 4	32:05.0	2:09:33.6	10:21/M	3.100
				54		Lap 5	32:01.3	2:41:34.9	10:20/M	3.100
				54		Lap 6	33:22.6	3:14:57.6	10:46/M	3.100
				54		Lap 7	33:58.2	3:48:55.8	10:57/M	3.100
				54		Lap 8	35:02.0	4:23:57.8	11:18/M	3.100
				54		Lap 9	42:20.5	5:06:18.4	13:39/M	3.100
				54		Lap 10	52:57.3	5:59:15.7	17:05/M	3.100
40	Albert Lione	Shelton	CT	44	M/42	10		6:00:05.2	11:37/M	31.000
				44		Lap 1	31:29.9	31:29.9	10:09/M	3.100
				44		Lap 2	31:32.8	1:03:02.7	10:10/M	3.100
				44		Lap 3	32:49.5	1:35:52.3	10:35/M	3.100
				44		Lap 4	32:32.5	2:08:24.9	10:30/M	3.100
				44		Lap 5	33:44.5	2:42:09.4	10:53/M	3.100
				44		Lap 6	38:09.8	3:20:19.3	12:18/M	3.100
				44		Lap 7	37:30.4	3:57:49.7	12:06/M	3.100
				44		Lap 8	41:20.0	4:39:09.8	13:20/M	3.100
				44		Lap 9	42:23.9	5:21:33.8	13:40/M	3.100
				44		Lap 10	38:31.4	6:00:05.2	12:25/M	3.100
41	Larry Lewis	Brooklyn	NY	43	M/58	10		6:01:04.4	11:39/M	31.000
				43		Lap 1	32:05.5	32:05.5	10:21/M	3.100
				43		Lap 2	31:47.8	1:03:53.3	10:15/M	3.100
				43		Lap 3	32:32.2	1:36:25.6	10:30/M	3.100



				43		Lap 4	33:36.1	2:10:01.8	10:50/M	3.100
				43		Lap 5	41:08.0	2:51:09.8	13:16/M	3.100
				43		Lap 6	39:00.6	3:30:10.5	12:35/M	3.100
				43		Lap 7	34:38.6	4:04:49.1	11:10/M	3.100
				43		Lap 8	37:02.0	4:41:51.1	11:57/M	3.100
				43		Lap 9	39:19.1	5:21:10.3	12:41/M	3.100
				43		Lap 10	39:54.1	6:01:04.4	12:52/M	3.100
42	Fred Freutel	Valley Stream	NY	26	M/64	10		6:03:00.2	11:43/M	31.000
				26		Lap 1	34:38.4	34:38.4	11:10/M	3.100
				26		Lap 2	36:35.9	1:11:14.3	11:48/M	3.100
				26		Lap 3	35:29.4	1:46:43.8	11:27/M	3.100
				26		Lap 4	37:50.0	2:24:33.8	12:12/M	3.100
				26		Lap 5	37:08.5	3:01:42.4	11:59/M	3.100
				26		Lap 6	36:23.2	3:38:05.6	11:44/M	3.100
				26		Lap 7	35:41.1	4:13:46.8	11:31/M	3.100
				26		Lap 8	36:58.7	4:50:45.6	11:55/M	3.100
				26		Lap 9	35:16.3	5:26:01.9	11:23/M	3.100
				26		Lap 10	36:58.3	6:03:00.2	11:55/M	3.100
43	Vincent Oshaughnessy	West Babylon	NY	58	M/55	10		6:03:00.6	11:43/M	31.000
				58		Lap 1	34:38.7	34:38.7	11:10/M	3.100
				58		Lap 2	36:36.1	1:11:14.8	11:48/M	3.100
				58		Lap 3	36:40.8	1:47:55.7	11:50/M	3.100
				58		Lap 4	36:40.5	2:24:36.2	11:50/M	3.100
				58		Lap 5	37:03.2	3:01:39.5	11:57/M	3.100
				58		Lap 6	36:27.1	3:38:06.7	11:45/M	3.100
				58		Lap 7	35:40.9	4:13:47.6	11:30/M	3.100
				58		Lap 8	36:58.5	4:50:46.1	11:55/M	3.100
				58		Lap 9	35:18.4	5:26:04.5	11:23/M	3.100
				58		Lap 10	36:56.1	6:03:00.6	11:55/M	3.100
44	Anita Bonesteel	Elmont	NY	9	F/33	10		6:07:13.1	11:51/M	31.000
				9		Lap 1	33:26.9	33:26.9	10:47/M	3.100
				9		Lap 2	30:14.2	1:03:41.2	9:45/M	3.100
				9		Lap 3	30:44.4	1:34:25.6	9:55/M	3.100
				9		Lap 4	31:24.7	2:05:50.3	10:08/M	3.100
				9		Lap 5	33:32.6	2:39:22.9	10:49/M	3.100
				9		Lap 6	40:08.4	3:19:31.4	12:57/M	3.100
				9		Lap 7	39:19.6	3:58:51.1	12:41/M	3.100
				9		Lap 8	41:46.7	4:40:37.9	13:28/M	3.100
				9		Lap 9	41:55.1	5:22:33.1	13:31/M	3.100
				9		Lap 10	44:40.0	6:07:13.1	14:25/M	3.100
45	Alberto Leal	Brentwood	NY	41	M/40	10		6:12:24.5	12:01/M	31.000
				41		Lap 1	33:59.5	33:59.5	10:58/M	3.100
				41		Lap 2	33:34.7	1:07:34.2	10:50/M	3.100
				41		Lap 3	33:26.3	1:41:00.5	10:47/M	3.100
				41		Lap 4	33:56.2	2:14:56.8	10:57/M	3.100
				41		Lap 5	34:36.8	2:49:33.6	11:10/M	3.100
				41		Lap 6	38:50.1	3:28:23.8	12:32/M	3.100
				41		Lap 7	42:20.3	4:10:44.1	13:39/M	3.100
				41		Lap 8	41:35.1	4:52:19.2	13:25/M	3.100
				41		Lap 9	41:09.5	5:33:28.8	13:16/M	3.100
				41		Lap 10	38:55.6	6:12:24.5	12:33/M	3.100
46	Lee Dickey	Dracut	MA	19	M/62	10		6:13:35.2	12:03/M	31.000
				19		Lap 1	37:37.4	37:37.4	12:08/M	3.100
				19		Lap 2	35:09.4	1:12:46.9	11:20/M	3.100
				19		Lap 3	35:39.4	1:48:26.4	11:30/M	3.100
				19		Lap 4	35:34.5	2:24:00.9	11:28/M	3.100

				19		Lap 5	36:15.8	3:00:16.7	11:42/M	3.100
				19		Lap 6	37:19.4	3:37:36.2	12:02/M	3.100
				19		Lap 7	37:57.6	4:15:33.8	12:15/M	3.100
				19		Lap 8	42:29.5	4:58:03.4	13:42/M	3.100
				19		Lap 9	37:22.8	5:35:26.2	12:03/M	3.100
				19		Lap 10	38:09.0	6:13:35.2	12:18/M	3.100
47	Melissa McCutcheon	Towaco	NJ	48	F/35	10		6:17:48.9	12:11/M	31.000
				48		Lap 1	35:28.2	35:28.2	11:26/M	3.100
				48		Lap 2	35:52.2	1:11:20.5	11:34/M	3.100
				48		Lap 3	36:42.3	1:48:02.8	11:50/M	3.100
				48		Lap 4	38:05.8	2:26:08.7	12:17/M	3.100
				48		Lap 5	37:19.3	3:03:28.1	12:02/M	3.100
				48		Lap 6	38:34.8	3:42:02.9	12:26/M	3.100
				48		Lap 7	39:34.9	4:21:37.9	12:46/M	3.100
				48		Lap 8	41:18.1	5:02:56.1	13:19/M	3.100
				48		Lap 9	38:19.6	5:41:15.7	12:22/M	3.100
				48		Lap 10	36:33.2	6:17:48.9	11:47/M	3.100
48	Trishul Cherns	Middle Vlg	NY	13	M/58	10		6:35:16.4	12:45/M	31.000
				13		Lap 1	35:28.5	35:28.5	11:26/M	3.100
				13		Lap 2	35:51.8	1:11:20.3	11:34/M	3.100
				13		Lap 3	37:24.0	1:48:44.3	12:04/M	3.100
				13		Lap 4	37:24.8	2:26:09.1	12:04/M	3.100
				13		Lap 5	37:19.1	3:03:28.3	12:02/M	3.100
				13		Lap 6	38:46.2	3:42:14.5	12:30/M	3.100
				13		Lap 7	39:22.6	4:21:37.1	12:42/M	3.100
				13		Lap 8	42:25.6	5:04:02.8	13:41/M	3.100
				13		Lap 9	46:52.6	5:50:55.4	15:07/M	3.100
				13		Lap 10	44:20.9	6:35:16.4	14:18/M	3.100
49	Joe Hayes	Portsmouth	NH	34	M/67	10		6:53:40.3	13:21/M	31.000
				34		Lap 1	31:44.7	31:44.7	10:14/M	3.100
				34		Lap 2	32:18.8	1:04:03.5	10:25/M	3.100
				34		Lap 3	34:28.5	1:38:32.1	11:07/M	3.100
				34		Lap 4	36:05.7	2:14:37.8	11:38/M	3.100
				34		Lap 5	38:11.1	2:52:48.9	12:19/M	3.100
				34		Lap 6	42:42.5	3:35:31.4	13:46/M	3.100
				34		Lap 7	37:31.4	4:13:02.9	12:06/M	3.100
				34		Lap 8	46:27.9	4:59:30.8	14:59/M	3.100
				34		Lap 9	56:24.9	5:55:55.8	18:12/M	3.100
				34		Lap 10	57:44.4	6:53:40.3	18:37/M	3.100
50	Andrew Napoleon	Amityville	NY	57	M/26	10		6:55:32.3	13:24/M	31.000
				57		Lap 1	36:02.2	36:02.2	11:37/M	3.100
				57		Lap 2	35:11.0	1:11:13.3	11:21/M	3.100
				57		Lap 3	34:43.0	1:45:56.3	11:12/M	3.100
				57		Lap 4	37:03.0	2:22:59.4	11:57/M	3.100
				57		Lap 5	42:21.8	3:05:21.2	13:40/M	3.100
				57		Lap 6	48:35.8	3:53:57.1	15:40/M	3.100
				57		Lap 7	48:02.0	4:41:59.1	15:30/M	3.100
				57		Lap 8	49:02.8	5:31:01.9	15:49/M	3.100
				57		Lap 9	42:13.9	6:13:15.9	13:37/M	3.100
				57		Lap 10	42:16.4	6:55:32.3	13:38/M	3.100
51	Thomas Mays	Commack	NY	81	M/59	10		6:57:40.8	13:28/M	31.000
				81		Lap 1	38:44.7	38:44.7	12:30/M	3.100
				81		Lap 2	37:51.3	1:16:36.1	12:13/M	3.100
				81		Lap 3	40:09.5	1:56:45.6	12:57/M	3.100
				81		Lap 4	39:53.3	2:36:38.9	12:52/M	3.100
				81		Lap 5	41:22.9	3:18:01.9	13:21/M	3.100

81	Lap 6	43:44.3	4:01:46.2	14:06/M	3.100
81	Lap 7	44:41.5	4:46:27.8	14:25/M	3.100
81	Lap 8	43:44.0	5:30:11.8	14:06/M	3.100
81	Lap 9	43:01.5	6:13:13.4	13:53/M	3.100
81	Lap 10	44:27.3	6:57:40.8	14:20/M	3.100























