

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

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

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

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

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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

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

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

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

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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

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	Massapequamasapequ	38	119	36	23:08.9	7:28/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

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

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

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

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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>
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

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

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

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

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

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
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

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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

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

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 Momtahn	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

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

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Open

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