

Race Date
July 21, 2019

Heart & Sole 2019
Age Group Results
Clydesdale 185-199

Male Clydesdale 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	Robert Pickus	Plainview NY	50	210	1	22:13.6	7:10/M
2	Ken Olson	Plainview NY	49	195	2	24:36.0	7:56/M
3	Robert Bradshaw	East Meadow NY	44	23	3	29:32.1	9:32/M

Race Date
July 21, 2019

Heart & Sole 2019
Age Group Results
Clydesdale 200+

Male Clydesdale Plus 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	Joe Sacklow	Plainview NY	25	236	1	24:12.8	7:49/M
2	Gerard Lester	Plainview NY	56	133	2	29:47.8	9:37/M
3	Stephen Sprague	Oceanside NY	41	259	3	37:31.0	12:06/M

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Heart & Sole 2019
Age Group Results

Athena 140-159

Female Athena 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	Stephanie Maybie	Massapequa NY	25	329	1	28:24.8	9:10/M
2	Mary James	Smithtown NY	33	105	2	33:56.2	10:57/M
3	Kimberly Schechter	Plainview NY	48	241	3	34:56.2	11:16/M

Race Date
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Heart & Sole 2019
Age Group Results

Athena 160+

Female Athena 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	Jackie Olmsted	Massapequa NY	49	194	1	39:07.7	12:37/M
2	Kim Scharoff	Long Beach NY	43	238	2	39:33.1	12:46/M
3	Krystyna Baumgartner	Holbrook NY	33	11	3	47:49.0	15:26/M