

CF 4 Mile Waffle Run

Race Date
July 20, 2019

Overall Finish List**4 mile Run (competitive)**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Asher Waller	Patchogue NY	274	16	M	1: Open	25:13.8	25:14/M
2	David Luna	Patchogue NY	302	41	M	2: Open	25:30.2	25:30/M
3	Laurens Seubert	Bellport NY	298	14	M	3: Open	25:34.6	25:35/M
4	Trent Hampton	Ronkonkoma NY	124	40	M	1: Masters	25:41.8	25:42/M
5	Matt Connors	Brightwaters NY	297	44	M	2: Masters	26:21.4	26:21/M
6	Mark Chasanoff	Patchogue NY	42	30	M	1: 30-34	27:13.6	27:14/M
7	Thomas Mareno	Sayville NY	296	42	M	3: Masters	27:20.2	27:20/M
8	Eric Garvin	W. Sayville NY	321	39	M	1: 35-39	28:16.2	28:16/M
9	Barbara Gubbins	Southampton NY	326	59	F	1: Open	28:24.5	28:25/M
10	Ryan Fee	Sayville NY	78	39	M	2: 35-39	28:26.6	28:27/M
11	Federico Campbell	Brightwaters NY	36	40	M	1: 40-44	28:40.4	28:40/M
12	Michael Silvering	Oakdale NY	259	36	M	3: 35-39	28:41.7	28:42/M
13	John Oakley	Lindenhurst NY	213	57	M	1: 55-59	28:50.7	28:51/M
14	Lukas Walters	Sayville NY	275	15	M	1: 15-19	29:39.8	29:40/M
15	Alison Briggs	Commack NY	27	21	F	2: Open	29:42.9	29:43/M
16	Ryan Weisenbacher	Bellport NY	281	27	M	1: 25-29	29:44.5	29:45/M
17	Mikaela Freeman	Centereach NY	92	20	F	3: Open	30:04.7	30:05/M
18	Kimberly Bruno	Holbrook NY	29	30	F	1: 30-34	30:13.5	30:14/M
19	Lauren Wellems	Blue Point NY	282	35	F	1: 35-39	30:14.6	30:15/M
20	Chris Turk	Bayport NY	270	43	M	2: 40-44	30:15.5	30:16/M
21	Ellissa Gravinese	Rocky Point NY	115	41	F	1: Masters	30:16.0	30:16/M
22	Evan Rasco	Holtsville NY	305	19	M	2: 15-19	30:26.0	30:26/M
23	Jenna Newman	Sayville NY	140	17	F	1: 15-19	30:27.7	30:28/M
24	Rob Graygor	Sayville NY	116	53	M	1: 50-54	30:31.9	30:32/M
25	Thomas Duffy	West Sayville NY	73	41	M	3: 40-44	30:33.0	30:33/M
26	Matt Wood	Miller Place NY	335	44	M	4: 40-44	31:13.5	31:14/M
27	Sarah Thompsen	Sayville NY	268	38	F	2: 35-39	31:14.2	31:14/M
28	Daniel Hartmann	Bellport NY	127	41	M	5: 40-44	31:39.8	31:40/M
29	Michael Minerva	Holbrook NY	197	47	M	1: 45-49	32:12.4	32:12/M
30	Bryan Mangam	Bohemia NY	169	53	M	2: 50-54	32:18.7	32:19/M
31	Jeffrey Votteler	Manorville NY	273	47	M	2: 45-49	32:20.6	32:21/M
32	Roger Soulagnet	Lindenhurst NY	262	71	M	1: 70-74	32:20.7	32:21/M
33	Michael Oliveri	East Islip NY	214	64	M	1: 60-64	32:22.5	32:23/M
34	Tracie Paszel	Sayville NY	219	37	F	3: 35-39	32:35.4	32:35/M
35	David Claps	Oakdale NY	44	47	M	3: 45-49	32:41.7	32:42/M
36	Wendy Sylvester	Great River NY	334	41	F	2: Masters	32:52.7	32:53/M
37	Erin Messina	Sayville NY	192	54	F	3: Masters	33:02.7	33:03/M
38	Mike Newman	Smithtown NY	209	38	M	4: 35-39	33:05.1	33:05/M
39	Jessica Wilkow	Sayville NY	286	34	F	2: 30-34	33:08.2	33:08/M
40	Michael Cleary	Smithtown NY	48	53	M	3: 50-54	33:19.4	33:19/M
41	Kerry Cleary	Smithtown NY	47	47	F	1: 45-49	33:19.4	33:19/M
42	John Ryan	Ronkonkoma NY	248	54	M	4: 50-54	33:49.1	33:49/M
43	Nick Party	North Babylon NY	323	32	M	2: 30-34	33:54.8	33:55/M
44	Elena Fezza	West Islip NY	87	39	F	4: 35-39	33:57.3	33:57/M
45	Jack DiMaggio	Smithtown NY	315	13	M	1: 11-14	34:29.1	34:29/M
46	Emma Piloza	Woodlawn NY	337	48	F	2: 45-49	34:38.9	34:39/M
47	Tara Dungate	Bayport NY	74	33	F	3: 30-34	34:43.6	34:44/M

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48	Francois Kanne	Bayport NY	146	44	M	6: 40-44	34:45.5	34:46/M
49	Pasquale Devitto	East Moriches NY	65	56	M	2: 55-59	34:50.9	34:51/M
50	Evan Gottesman	Farmingville NY	114	14	M	2: 11-14	35:04.0	35:04/M
51	Maura Turner	Huntington Station	271	50	F	1: 50-54	35:11.5	35:12/M
52	Joseph Lazzano	Ridge NY	154	73	M	2: 70-74	35:13.3	35:13/M
53	Michael Bauer	Holtsville NY	14	36	M	5: 35-39	35:13.9	35:14/M
54	Amanda Sprague	Ronkonkoma NY	263	23	F	1: 20-24	35:16.2	35:16/M
55	Sarah Newman	Sayville NY	294	14	F	1: 11-14	35:48.0	35:48/M
56	Lisa Augustine	Brookhaven NY	312	55	F	1: 55-59	35:56.2	35:56/M
57	Jean Rico	West Sayville NY	237	55	F	2: 55-59	36:10.8	36:11/M
58	Milton Rico	West Sayville NY	238	57	M	3: 55-59	36:11.7	36:12/M
59	Kristen Sedacca	Smithtown NY	255	32	F	4: 30-34	36:12.0	36:12/M
60	Michelle Cagnetto	Ronkonkoma NY	34	47	F	3: 45-49	36:22.9	36:23/M
61	Dale Malone	Holtsville NY	167	55	M	4: 55-59	36:40.5	36:41/M
62	Kaitlyn Arnold	Bayport NY	4	29	F	1: 25-29	36:41.4	36:41/M
63	Justin Bunton	East Islip NY	30	31	M	3: 30-34	36:41.8	36:42/M
64	Kiersten Bartolotta	Sayville NY	12	49	F	4: 45-49	36:50.1	36:50/M
65	Thomas Allen	Chappaqua NY	1	32	M	4: 30-34	36:52.7	36:53/M
66	John Wiehe	New York NY	285	56	M	5: 55-59	36:59.2	36:59/M
67	Dave Hepding	Sayville NY	128	71	M	3: 70-74	37:02.2	37:02/M
68	Camm Pelitsch	Bohemia NY	220	28	F	2: 25-29	37:07.0	37:07/M
69	Karli Murphy	Holbrook NY	206	20	F	2: 20-24	37:13.2	37:13/M
70	Melanie Sweeney	Patchogue NY	267	37	F	5: 35-39	37:14.0	37:14/M
71	Colleen Cunningham	Sayville NY	55	29	F	3: 25-29	37:16.2	37:16/M
72	James Lukas	Manorville NY	301	12	M	3: 11-14	37:22.0	37:22/M
73	Catherine Ferris	Central Islip NY	86	52	F	2: 50-54	37:23.9	37:24/M
74	Mike Mitnick	Commack NY	198	40	M	7: 40-44	37:24.6	37:25/M
75	Catherine Nomikos	West Babylon NY	211	35	F	6: 35-39	37:26.4	37:26/M
76	Michael Nomikos	West Babylon NY	212	42	M	8: 40-44	37:28.5	37:29/M
77	Andrew Lukas	Manorville NY	300	41	M	9: 40-44	37:35.6	37:36/M
78	Shawn Momtahan	Bay Shore NY	199	70	M	4: 70-74	37:45.0	37:45/M
79	Paul Louten	Sound Beach NY	329	32	M	5: 30-34	37:49.7	37:50/M
80	Laura Pfaff	Sayville NY	221	40	F	1: 40-44	37:58.3	37:58/M
81	Jessica Lukas	Manorville NY	160	36	F	7: 35-39	38:15.5	38:16/M
82	Dennis Michel	Sayville NY	196	72	M	5: 70-74	38:20.2	38:20/M
83	Richard Hoschler	Sayville NY	133	43	M	10: 40-44	38:24.3	38:24/M
84	Renee Newman	Sayville NY	295	53	F	3: 50-54	38:26.6	38:27/M
85	John F Caraccio	Patchogue NY	37	52	M	5: 50-54	38:32.0	38:32/M
86	Scott Fritscher	Mattituck NY	95	42	M	11: 40-44	38:36.3	38:36/M
87	Emerson Fritscher	Mattituck NY	93	7	M	1: 0-10	38:36.6	38:37/M
88	John Davis	Mastic Beach NY	60	32	M	6: 30-34	38:57.9	38:58/M
89	Alison Gentile	Holtsville NY	109	28	F	4: 25-29	39:07.0	39:07/M
90	Anthony Gentile	Holtsville NY	110	37	M	6: 35-39	39:07.4	39:07/M
91	Demetri Ballas	Kings Park NY	311	46	M	4: 45-49	39:15.2	39:15/M
92	Paul D'Elisa	Manorville NY	325	56	M	6: 55-59	39:29.9	39:30/M
93	Barbara Maieli	Sayville NY	166	37	F	8: 35-39	39:53.1	39:53/M
94	Tim Ayrovainen	Sayville NY	7	53	M	6: 50-54	39:55.9	39:56/M

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95	Erin Hansen	Sayville NY	126	36	F	9: 35-39	40:10.2	40:10/M
96	Joseph Beck	Holbrook NY	15	57	M	7: 55-59	40:14.9	40:15/M
97	Jae-Sook Park	East Setauket NY	217	45	F	5: 45-49	40:42.6	40:43/M
98	Nicole Pignataro	Bayport NY	224	41	F	2: 40-44	40:46.6	40:47/M
99	Holly Iulucci	Blue Point NY	138	37	F	10: 35-39	40:49.5	40:50/M
100	Szilvia Vass	Lindenhurst NY	272	42	F	3: 40-44	40:51.9	40:52/M
101	Cristy Fitzpatrick	New York NY	89	50	F	4: 50-54	41:04.6	41:05/M
102	Allison MacChio	Bohemia NY	163	34	F	5: 30-34	41:17.0	41:17/M
103	Karen Wontrobski-Ricciardi	Saint James NY	291	51	F	5: 50-54	41:21.2	41:21/M
104	Corene Suhr	Northport NY	266	30	F	6: 30-34	41:23.6	41:24/M
105	Helen Farinella	Sayville NY	77	53	F	6: 50-54	41:28.2	41:28/M
106	Marianne Russ	Sayville NY	246	60	F	1: 60-64	41:33.7	41:34/M
107	Alissa Hupfer	Farmingdale NY	135	34	F	7: 30-34	41:43.0	41:43/M
108	Louis Lafleur	Holbrook NY	153	63	M	2: 60-64	41:46.4	41:46/M
109	Keith Boehm	Central Islip NY	24	59	M	8: 55-59	42:01.7	42:02/M
110	Craig Fels	Smithtown NY	79	48	M	5: 45-49	42:02.9	42:03/M
111	Melissa Fels	Smithtown NY	82	46	F	6: 45-49	42:03.2	42:03/M
112	Michelle Fritscher	Mattituck NY	94	43	F	4: 40-44	42:06.8	42:07/M
113	Joseph Golio	Sayville NY	112	51	M	7: 50-54	42:19.7	42:20/M
114	Gina Dragotta	Sayville NY	72	37	F	11: 35-39	42:33.0	42:33/M
115	Kim Wolf	Hauppauge NY	290	47	F	7: 45-49	43:03.8	43:04/M
116	Sean Ramsaywak	Sayville NY	230	45	M	6: 45-49	43:05.8	43:06/M
117	Gloria Withus	Brentwood NY	289	69	F	1: 65-69	43:22.6	43:23/M
118	Robert Marshall	Massapequa NY	172	50	M	8: 50-54	43:38.4	43:38/M
119	Charlie Eyester	Lake Grove NY	331	60	M	3: 60-64	43:49.5	43:50/M
120	Mike Wisniewski	Wyndanch NY	322	38	M	7: 35-39	43:59.6	44:00/M
121	Christine Rooney	Bronxville NY	307	48	F	8: 45-49	44:02.6	44:03/M
122	Amanda White	Selden NY	284	34	F	8: 30-34	44:09.3	44:09/M
123	Marie Connolly	Washington DC	52	48	F	9: 45-49	44:17.7	44:18/M
124	Michael Messina	Sayville NY	194	30	M	7: 30-34	44:21.9	44:22/M
125	Danielle Bacile	Holbrook NY	9	28	F	5: 25-29	44:31.5	44:32/M
126	Tommy Hoar	West Babylon NY	131	41	M	12: 40-44	44:34.0	44:34/M
127	April Bodre	Sayville NY	23	38	F	12: 35-39	44:54.6	44:55/M
128	Carolyn Richardson	Greenlawn NY	236	39	F	13: 35-39	45:05.5	45:06/M
129	Robert Rate	Selden NY	231	54	M	9: 50-54	45:09.9	45:10/M
130	Peter Garibaldi	Putnam Valley NY	102	44	M	13: 40-44	45:17.1	45:17/M
131	Julianne Janas	West Babylon NY	143	37	F	14: 35-39	45:17.2	45:17/M
132	Amanda Burke	Holtsville NY	31	25	F	6: 25-29	45:38.7	45:39/M
133	Gavin Garibaldi	Putnam Valley NY	100	10	M	2: 0-10	45:44.5	45:45/M
134	John Anzelino	Sayville NY	3	45	M	7: 45-49	45:53.8	45:54/M
135	Lindsay Quinlan	New York NY	333	34	F	9: 30-34	45:54.1	45:54/M
136	Bryan Quinn	New York NY	332	32	M	8: 30-34	45:54.8	45:55/M
137	Ralph Weyant	Ronkonkoma NY	336	59	M	9: 55-59	46:02.4	46:02/M
138	Elizabeth Dachel	Nesconset NY	57	48	F	10: 45-49	46:07.7	46:08/M
139	Ken Carmel	Ronkonkoma NY	38	59	M	10: 55-59	46:33.0	46:33/M
140	Neal Manfredi	Farmingville NY	168	58	M	11: 55-59	46:33.4	46:33/M
141	Gary Nappo	Sayville NY	207	56	M	12: 55-59	46:33.5	46:34/M

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142	Kim McGreevey	Nesconset NY	182	50	F	7: 50-54	46:43.2	46:43/M
143	Helma Clavin	Lake Ronkonkoma	46	76	F	1: 75-79	47:12.2	47:12/M
144	Sophia Garibaldi	Putnam Valley NY	103	11	F	2: 11-14	48:01.9	48:02/M
145	Leighann Degroot	Holbrook NY	61	36	F	15: 35-39	48:11.8	48:12/M
146	Andrew Dalbey	Lindenhurst NY	58	43	M	14: 40-44	48:17.5	48:18/M
147	Richelle Dalbey	Lindenhurst NY	59	48	F	11: 45-49	48:17.6	48:18/M
148	Abby Gonzalez	Dix Hills NY	113	71	F	1: 70-74	48:40.3	48:40/M
149	Jennifer Meittinis	Sayville NY	191	39	F	16: 35-39	48:49.6	48:50/M
150	Patricia Carroll	West Islip NY	40	67	F	2: 65-69	49:17.8	49:18/M
151	Kristin McNamara	Smithtown NY	187	44	F	5: 40-44	49:46.0	49:46/M
152	Laura D'Esposito	Yaphank NY	56	45	F	12: 45-49	49:49.2	49:49/M
153	John Genova	West Islip NY	108	63	M	4: 60-64	49:55.0	49:55/M
154	Noelle Lewandowski	Bayport NY	155	33	F	10: 30-34	50:05.3	50:05/M
155	Christine Neuberger	Bayport NY	208	30	F	11: 30-34	50:06.0	50:06/M
156	Rebecca McDonald	Nesconset NY	178	50	F	8: 50-54	50:14.6	50:15/M
157	Melody Pagotto	Patchogue NY	316	38	F	17: 35-39	50:20.0	50:20/M
158	Irene Robinson	West Islip NY	241	73	F	2: 70-74	50:52.0	50:52/M
159	Kevin Carpenter	Sayville NY	39	48	M	8: 45-49	51:13.2	51:13/M
160	Jenn McMackin	Sayville NY	186	42	F	6: 40-44	51:18.7	51:19/M
161	Brian Barton	Patchogue NY	13	38	M	8: 35-39	51:45.5	51:46/M
162	Esmeralda Braganca	Sayville NY	26	35	F	18: 35-39	51:54.5	51:55/M
163	Jennifer Lakas	Shirley NY	304	42	F	7: 40-44	52:25.8	52:26/M
164	Karen Hurlbert	Islip Terrace NY	136	47	F	13: 45-49	53:19.6	53:20/M
165	Linda McGrellis	Bohemia NY	183	53	F	9: 50-54	53:24.8	53:25/M
166	George Poulos	Islip Terrace NY	226	25	M	2: 25-29	53:26.5	53:27/M
167	Joanne Strauss	Sayville NY	264	45	F	14: 45-49	53:52.4	53:52/M
168	Todd Jones	Sayville NY	144	40	M	15: 40-44	54:17.8	54:18/M
169	Tyler Ferrante	Sayville NY	85	7	M	3: 0-10	54:20.5	54:21/M
170	Allison Ferrante	Sayville NY	84	36	F	19: 35-39	54:50.6	54:51/M
171	Bob Koenig	Levittown NY	150	56	M	13: 55-59	54:52.5	54:53/M
172	Vanessa Newman	Smithtown NY	210	37	F	20: 35-39	55:02.0	55:02/M
173	John Messina	Sayville NY	193	61	M	5: 60-64	55:05.7	55:06/M
174	Bob Williams	Smithtown NY	287	67	M	1: 65-69	55:08.7	55:09/M
175	Harriet Sauer	Central Islip NY	250	54	F	10: 50-54	55:34.0	55:34/M
176	Pat Delaney	Bay Shore NY	62	80	F	1: 80-84	55:54.2	55:54/M
177	Christine Weber	Sayville NY	278	48	F	15: 45-49	55:58.8	55:59/M
178	Drew Kimpel	Sayville NY	310	12	M	4: 11-14	55:59.5	56:00/M
179	Corina Anzelino	Sayville NY	2	46	F	16: 45-49	56:35.6	56:36/M
180	Gina Garibaldi	Putnam Valley NY	101	43	F	8: 40-44	56:35.8	56:36/M
181	Jennifer Licata-Gritz	Shirley NY	156	48	F	17: 45-49	56:38.0	56:38/M
182	George Meindl	Sayville NY	189	55	M	14: 55-59	56:43.6	56:44/M
183	Amanda Schmidt	Islip Terrace NY	252	30	F	12: 30-34	57:04.2	57:04/M
184	Jessica Pignataro	Bayport NY	223	41	F	9: 40-44	57:13.1	57:13/M
185	Tom Ratto	Sayville NY	232	64	M	6: 60-64	57:14.0	57:14/M
186	Rosemary Camilleri	Sayville NY	35	65	F	3: 65-69	57:50.3	57:50/M
187	Jack Kimpel	Sayville NY	309	9	M	4: 0-10	58:00.7	58:01/M
188	Jennifer Kimpel	Sayville NY	308	48	F	18: 45-49	58:01.4	58:01/M

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189	Nora McElroy	Sayville NY	180	39	F	21: 35-39	58:32.1	58:32/M
190	Michael McElroy	Commack NY	179	42	M	16: 40-44	58:32.1	58:32/M
191	Debra Kerr	Bellport NY	148	51	F	11: 50-54	59:03.7	59:04/M
192	Anna Burrowes	Medford NY	32	32	F	13: 30-34	59:18.4	59:18/M
193	Nick Jacobellis	Melville NY	141	67	M	2: 65-69	59:38.3	59:38/M
194	Joe D'Agostino	Holbrook NY	303	69	M	3: 65-69	1:00:22.6	60:23/M
195	Kristen Charpentier	East Providence RI	41	27	F	7: 25-29	1:00:37.5	60:38/M
196	Sean McStocker	Medford NY	188	44	M	17: 40-44	1:00:38.0	60:38/M
197	Anne Sachs	Lake Grove NY	249	31	F	14: 30-34	1:00:45.8	60:46/M
198	Jack Jacobs	Bradenton FL	142	79	M	1: 75-79	1:01:14.1	61:14/M
199	Amanda Strong	Patchogue NY	265	35	F	22: 35-39	1:01:33.5	61:34/M
200	Clare Cunniffe	Bayport NY	54	60	F	2: 60-64	1:01:52.5	61:53/M
201	Cathy Genova	West Islip NY	105	62	F	3: 60-64	1:02:43.8	62:44/M
202	James McGrath	Medford NY	181	82	M	1: 80-84	1:03:33.6	63:34/M
203	Catherine Dennehy	Sayville NY	63	30	F	15: 30-34	1:03:59.9	64:00/M
204	Krystyna Baumgartner	Holbrook NY	299	33	F	16: 30-34	1:06:06.8	66:07/M
205	Richard Cahn	Brooklyn NY	324	71	M	6: 70-74	1:07:58.1	67:58/M
206	Steven Fuchs	Stony Brook NY	96	82	M	2: 80-84	1:08:43.6	68:44/M
207	George Meindl	Sayville NY	190	27	M	3: 25-29	1:09:27.8	69:28/M
208	Frank Martin	W. Bayshore NY	173	84	M	3: 80-84	1:09:49.0	69:49/M
209	Jules Winkler	Medford NY	288	87	M	1: 85-99	1:10:01.3	70:01/M
210	Lori Bocker	Blue Point NY	22	57	F	3: 55-59	1:10:22.9	70:23/M
211	Joanne Martin	Blue Point NY	174	60	F	4: 60-64	1:10:22.9	70:23/M
212	Michael Kennedy	Brentwood NY	147	46	M	9: 45-49	1:12:40.1	72:40/M