

Heart & Sole 2019

Race Date

July 21, 2019

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Div</u>	<u>Time</u>	<u>Pace</u>
1	Jossi Fritz-Mauer	Old Bethpage NY	72	35	M	1: Open	1	17:46.5	5:44/M
2	Brandon Meiner	East Northport NY	161	15	M	1: 13-15	1	18:04.8	5:50/M
3	Greg Rachman	Huntington NY	305	24	M	1: 20-24	1	18:24.7	5:56/M
4	Joshua Jastemski	Medford NY	106	40	M	1: 40-44	1	18:35.0	6:00/M
5	Evgeny Amelchenko	Moscow	8	33	M	1: 30-34	1	18:48.5	6:04/M
6	Tom Meehan	Manorville NY	298	23	M	2: 20-24	1	19:10.3	6:11/M
7	Luke Shannon	Rockville Centre NY	249	18	M	1: 16-19	1	19:30.5	6:18/M
8	Mario Ferone	Plainview NY	335	26	M	1: 25-29	1	19:34.4	6:19/M
9	Daniel Harvey	Glen Head NY	98	35	M	1: 35-39	1	19:56.5	6:26/M
10	Marc Sonnenberg	Plainview NY	258	39	M	2: 35-39	1	20:15.2	6:32/M
11	Alan Baisch	Deer Park NY	10	57	M	1: 55-59	1	20:23.3	6:35/M
12	Shari Klarfeld	Plainview NY	302	38	F	1: Open	1	20:25.6	6:35/M
13	Lena Edelstein	Old Bethpage NY	54	32	F	1: 30-34	1	20:29.4	6:37/M
14	Eric Engelman	New York NY	313	29	M	2: 25-29	1	20:38.9	6:40/M
15	Jose Gutierrez	Ridgewood NY	92	52	M	1: 50-54	1	20:42.8	6:41/M
16	Qiang Chen	Syosset NY	322	51	M	2: 50-54	1	20:44.1	6:41/M
17	Robert Casal	Plainview NY	34	17	M	2: 16-19	1	21:08.3	6:49/M
18	Gareth Brancato	Williston Park NY	24	60	M	1: 60-64	1	21:16.9	6:52/M
19	Christopher Frank	Seaford NY	67	52	M	3: 50-54	1	21:21.4	6:53/M
20	Aaron Billig	Plainview NY	15	40	M	1: 40-44	1	21:29.6	6:56/M
21	Lee DiPietro	Boynton Beach FL	50	61	F	1: 60-64	1	21:43.2	7:00/M
22	Robert Hegedus	Flushing NY	99	43	M	2: 40-44	1	21:51.7	7:03/M
23	John Rossi	West Islip NY	232	56	M	2: 55-59	1	22:00.3	7:06/M
24	Robert Taubenfeld	Plainview NY	265	54	M	4: 50-54	1	22:08.3	7:09/M
25	Keith Masso	Glen Cove NY	155	32	M	2: 30-34	1	22:12.8	7:10/M
26	Robert Pickus	Plainview NY	210	50	M	5: 50-54	6	22:13.6	7:10/M
27	Eddie Ward	West Hempstead NY	326	63	M	2: 60-64	1	22:18.1	7:12/M
28	Binyamin Rubin	Smithtown NY	233	41	M	3: 40-44	1	22:24.3	7:14/M
29	Karen Harte	West Islip NY	97	44	F	1: 40-44	1	22:27.2	7:15/M
30	Milton Yanza	Patchogue NY	291	47	M	1: 45-49	1	22:38.0	7:18/M
31	Jon Wallach	Levittown NY	274	63	M	3: 60-64	1	22:44.0	7:20/M
32	Jimmy Peck	Huntington Station	202	44	M	4: 40-44	1	22:45.2	7:20/M
33	Natalie Mason	Greenlawn NY	154	40	F	2: 40-44	1	22:50.2	7:22/M
34	Alicia Friedman	Plainview NY	69	45	F	1: 45-49	1	22:51.9	7:23/M
35	Yoshitaka Isojima	Plainview NY	103	43	M	5: 40-44	1	22:57.3	7:24/M
36	Mario Wilkowski	Merrick NY	311	59	M	3: 55-59	3	23:05.8	7:27/M
37	Paul Bonanni	Selden NY	22	58	M	4: 55-59	1	23:07.9	7:28/M
38	Joseph Klubnick	Massapequamong	119	38	M	3: 35-39	1	23:08.9	7:28/M
39	Glenn Murphy	Miller Place NY	303	60	M	4: 60-64	1	23:16.2	7:30/M
40	Curt Clausen	New York NY	324	51	M	6: 50-54	1	23:26.1	7:34/M
41	Andrew Garcia	Mineola NY	75	43	M	6: 40-44	1	23:40.1	7:38/M
42	Michael Fagiola	Bayville NY	57	26	M	3: 25-29	1	23:43.6	7:39/M
43	Craig Shiffrin	Plainview NY	250	39	M	4: 35-39	1	23:51.6	7:42/M
44	Daniel Salerno	Merrick NY	237	36	M	5: 35-39	1	24:07.3	7:47/M
45	Joe Sacklow	Plainview NY	236	25	M	4: 25-29	7	24:12.8	7:49/M
46	Stacianne Lester	Plainview NY	134	26	F	1: 25-29	1	24:15.2	7:49/M
47	Jenney Tesoriero	Westbury NY	266	48	F	2: 45-49	1	24:19.7	7:51/M

Heart & Sole 2019

Race Date

July 21, 2019

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Div</u>	<u>Time</u>	<u>Pace</u>
48	Karen Friedman	Plainview NY	71	42	F	3: 40-44	2	24:30.4	7:54/M
49	Jodi Brodsky	Atlantic Beach NY	29	64	F	1: 60-64	1	24:35.4	7:56/M
50	Ken Olson	Plainview NY	195	49	M	2: 45-49	6	24:36.0	7:56/M
51	Dolores Doman	Huntington Station	314	62	F	2: 60-64	1	24:40.7	7:58/M
52	Marty Hendershot	Plainview NY	100	33	M	3: 30-34	1	24:49.3	8:00/M
53	Lisa Bonanni	Selden NY	307	32	F	2: 30-34	1	24:53.6	8:02/M
54	Shaun McCorkell	Massapequa NY	156	38	M	6: 35-39	1	25:06.0	8:06/M
55	Jim Sommer	Massapequa NY	257	54	M	7: 50-54	1	25:07.8	8:06/M
56	Brett Miceli	Williston Park NY	165	33	M	4: 30-34	1	25:45.2	8:18/M
57	Neal Riemenschneider	Winchester VA	228	64	M	5: 60-64	1	25:49.2	8:20/M
58	Ryan Willett	Hicksville NY	281	18	M	3: 16-19	1	25:52.7	8:21/M
59	Tom Crane	Plainview NY	41	62	M	6: 60-64	1	25:53.6	8:21/M
60	Lisa Wolf	Forest Hills NY	287	41	F	4: 40-44	3	26:13.0	8:27/M
61	Craig Lerman	Plainview NY	301	47	M	3: 45-49	1	26:14.1	8:28/M
62	Robert Eslick	Old Bethpage NY	308	64	M	7: 60-64	1	26:16.0	8:28/M
63	Karen Nora	Northport NY	304	58	F	1: 55-59	1	26:18.2	8:29/M
64	Glen Wolther	Jericho NY	312	62	M	8: 60-64	1	26:25.7	8:32/M
65	Ben Walden	Centerport NY	272	52	M	8: 50-54	1	26:27.9	8:32/M
66	Kaleb Mejia	Middle Island NY	163	11	M	1: 0-12	1	26:30.2	8:33/M
67	Pj Diskin	Mineola NY	51	63	M	9: 60-64	1	26:31.8	8:33/M
68	Christina Mejia	Middle Island NY	162	35	F	1: 35-39	1	26:33.9	8:34/M
69	Olivia Taubenfeld	Plainview NY	264	20	F	1: 20-24	1	26:47.7	8:39/M
70	Susan Keogh	Bellmore NY	115	66	F	1: 65-69	1	26:48.6	8:39/M
71	Ellen Greenspan	Mill Neck NY	300	58	F	2: 55-59	1	26:50.0	8:39/M
72	Andy Altman	Great Neck NY	321	53	M	9: 50-54	1	26:53.7	8:41/M
73	Chris Fiume	Plainview NY	63	54	M	10: 50-54	1	26:55.5	8:41/M
74	Paul Nelson	Saint James NY	187	64	M	10: 60-64	1	26:57.2	8:42/M
75	Scott Fairgrieve	Mineola NY	58	68	M	1: 65-69	1	27:07.6	8:45/M
76	Constance Sehlmeier	Syosset NY	247	73	F	1: 70-74	1	27:15.5	8:48/M
77	David Drebsky	Plainview NY	330	38	M	7: 35-39	1	27:16.7	8:48/M
78	Judith Brenner	Plainview NY	27	50	F	1: 50-54	2	27:18.2	8:48/M
79	Allison Katz	Plainview NY	112	53	F	2: 50-54	1	27:26.0	8:51/M
80	Mirian Romero	Locust Valley NY	318	29	F	2: 25-29	1	27:31.6	8:53/M
81	Dina Villanueva	Oyster Bay NY	320	45	F	3: 45-49	1	27:33.0	8:53/M
82	Taner Oztimurlenk	Islip NY	328	29	M	5: 25-29	1	27:39.5	8:55/M
83	Christina Eichhorn	Plainview NY	55	34	F	3: 30-34	3	27:39.5	8:55/M
84	Francis McNamee	Old Bethpage NY	159	56	M	5: 55-59	1	27:50.0	8:59/M
85	Richard Brodsky	Atlantic Beach NY	30	66	M	2: 65-69	1	27:53.3	9:00/M
86	Lynda Maniscalco	Patchogue NY	147	42	F	5: 40-44	1	27:54.3	9:00/M
87	Seth Goodstein	Merrick NY	84	49	M	4: 45-49	1	27:54.9	9:00/M
88	Rob Levy	Plainview NY	136	47	M	5: 45-49	1	28:01.7	9:03/M
89	Mark Temkin	Plainview NY	315	51	M	11: 50-54	1	28:09.5	9:05/M
90	Ian Mitchell	Huntington NY	171	9	M	2: 0-12	1	28:10.8	9:05/M
91	Shawn Momtahan	Bay Shore NY	172	70	M	1: 70-74	1	28:13.3	9:06/M
92	Eve Nebenhaus	Manhasset NY	183	59	F	3: 55-59	1	28:17.6	9:08/M
93	Jason Katz	Plainview NY	113	52	M	12: 50-54	1	28:18.5	9:08/M
94	Ken Della Rocca	Oyster Bay NY	48	71	M	2: 70-74	1	28:21.6	9:09/M

Heart & Sole 2019

Race Date
July 21, 2019

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Div</u>	<u>Time</u>	<u>Pace</u>
95	Stephanie Maybie	Massapequa NY	329	25	F	3: 25-29	8	28:24.8	9:10/M
96	Johnny Irwin	Smithtown NY	332	8	M	3: 0-12	1	28:40.9	9:15/M
97	Niko Perrikos	Greenvale NY	207	15	M	2: 13-15	1	28:56.5	9:20/M
98	Bob Patterson	Hicksville NY	201	73	M	3: 70-74	1	28:57.3	9:20/M
99	Michael Ostreicher	Lawrence NY	196	38	M	8: 35-39	1	28:58.0	9:21/M
100	Maria Fucella	Levittown NY	309	58	F	4: 55-59	1	28:58.3	9:21/M
101	Bradley Nanoo	Plainview NY	178	14	M	3: 13-15	1	29:01.9	9:22/M
102	Mary Thomas	West Babylon NY	267	40	F	6: 40-44	1	29:04.4	9:23/M
103	Robin Allen	Plainview NY	3	29	F	4: 25-29	1	29:07.1	9:24/M
104	Jacqueline Poulos	Huntington Station	220	38	F	2: 35-39	1	29:26.4	9:30/M
105	Zachary Zung	Roslyn NY	296	14	M	4: 13-15	1	29:31.8	9:32/M
106	Robert Bradshaw	East Meadow NY	23	44	M	7: 40-44	6	29:32.1	9:32/M
107	Mark Plotkin	Plainview NY	215	55	M	6: 55-59	1	29:38.9	9:34/M
108	Gerard Lester	Plainview NY	133	56	M	7: 55-59	7	29:47.8	9:37/M
109	Thomas Laine	Carle Place NY	129	69	M	3: 65-69	1	29:52.5	9:38/M
110	Talia Ostreicher	Lawrence NY	198	37	F	3: 35-39	1	29:55.1	9:39/M
111	John Irwin	Smithtown NY	331	44	M	8: 40-44	1	29:55.9	9:39/M
112	Brandon Nanoo	Plainview NY	179	13	M	5: 13-15	1	30:13.8	9:45/M
113	Hubert Keen	Garden City NY	114	74	M	4: 70-74	1	30:15.7	9:46/M
114	Jeffrey Curet	East Meadow NY	43	46	M	6: 45-49	1	30:16.7	9:46/M
115	Elizabeth Dachel	Nesconset NY	44	48	F	4: 45-49	1	30:24.0	9:48/M
116	Dawn May	Sea Cliff NY	299	51	F	3: 50-54	1	30:34.8	9:52/M
117	Anna Kamuda	Maspeth NY	109	23	F	2: 20-24	3	30:40.2	9:54/M
118	Bill Niedfeld	Seaford NY	310	60	M	11: 60-64	1	30:43.6	9:55/M
119	Keith Boehm	Central Islip NY	21	59	M	8: 55-59	1	30:46.2	9:56/M
120	Gosia Mitchell	Huntington NY	170	42	F	7: 40-44	1	30:50.8	9:57/M
121	Adam Malkoff	Plainview NY	145	11	M	4: 0-12	1	30:59.3	10:00/M
122	Richard Fulgieri	Melville NY	73	71	M	5: 70-74	1	30:59.3	10:00/M
123	James Malkoff	Plainview NY	146	41	M	9: 40-44	1	30:59.5	10:00/M
124	Ehud Golos	East Hills NY	81	68	M	4: 65-69	1	31:00.8	10:00/M
125	Xiaozhi Crystal Ye	Flushing NY	292	46	F	5: 45-49	1	31:02.8	10:01/M
126	Joe Xiao	Fresh Meadows NY	289	51	M	13: 50-54	1	31:03.7	10:01/M
127	Frank Marchese	Syosset NY	316	27	M	6: 25-29	4	31:13.5	10:04/M
128	Sofia Yang	Syosset NY	290	23	F	3: 20-24	1	31:14.8	10:05/M
129	Daniel Naranjo	Farmingdale NY	180	28	M	7: 25-29	1	31:15.8	10:05/M
130	Delcy Winters	Elmont NY	285	49	F	6: 45-49	1	31:19.9	10:06/M
131	Rosiyell Garcia	Oyster Bay NY	319	42	F	8: 40-44	1	31:20.6	10:07/M
132	Kelly Sachs	Bethpage NY	235	39	F	4: 35-39	1	31:23.3	10:08/M
133	Louise Senato	Merrick NY	248	56	F	5: 55-59	1	31:23.6	10:08/M
134	Gloria Withus	Brentwood NY	286	69	F	2: 65-69	1	31:31.2	10:10/M
135	John Nora	Massapequa Park NY	190	62	M	12: 60-64	1	31:35.2	10:11/M
136	Michael Zung	Roslyn NY	295	50	M	14: 50-54	1	31:35.3	10:11/M
137	Shaan Khemlani	Plainview NY	117	27	M	8: 25-29	1	31:38.8	10:13/M
138	Abilene De Jesus	Levittown NY	45	30	F	4: 30-34	1	31:49.7	10:16/M
139	Quintis Pinder	Corona NY	212	50	M	15: 50-54	1	32:14.7	10:24/M
140	Stephanie Lucia	West Islip NY	143	34	F	5: 30-34	1	32:22.7	10:27/M
141	Micha Snider	Roslyn NY	256	55	M	9: 55-59	1	32:27.1	10:28/M

Heart & Sole 2019

Overall Finish List

Race Date
July 21, 2019

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Div</u>	<u>Time</u>	<u>Pace</u>
142	Diana Murphy	Melville NY	176	35	F	5: 35-39	1	32:34.4	10:30/M
143	Pamela Brown	Islip NY	31	67	F	3: 65-69	1	32:34.7	10:31/M
144	Jenna Errante	Wantagh NY	327	22	F	4: 20-24	1	32:39.9	10:32/M
145	Gretchen Derov	Massapequa NY	49	46	F	7: 45-49	1	32:41.6	10:33/M
146	Joanna Laine	Brooklyn NY	128	29	F	5: 25-29	1	32:43.6	10:33/M
147	Naomi Alpern	Huntington Station	4	9	F	1: 0-12	1	33:04.3	10:40/M
148	Denise Marie Jordan	Flushing NY	108	62	F	3: 60-64	1	33:22.7	10:46/M
149	Mary James	Smithtown NY	105	33	F	6: 30-34	8	33:56.2	10:57/M
150	Donna Rosen	Jericho NY	230	63	F	4: 60-64	1	34:09.9	11:01/M
151	Jennifer Murphy	Plainview NY	177	39	F	6: 35-39	1	34:10.6	11:01/M
152	Amy Fliegelman	Plainview NY	64	48	F	8: 45-49	1	34:12.4	11:02/M
153	David Brenner	Plainview NY	26	51	M	16: 50-54	2	34:19.4	11:04/M
154	Lucy Reed	Fort Lauderdale FL	222	52	F	4: 50-54	1	34:24.8	11:06/M
155	Steven Lamel	Plainview NY	130	61	M	13: 60-64	1	34:32.7	11:09/M
156	Debbie Marchlewski	Roslyn NY	149	43	F	9: 40-44	2	34:33.7	11:09/M
157	Liana Pitonyak	Lebanon PA	214	33	F	7: 30-34	1	34:34.4	11:09/M
158	Justin Bocian	Old Bethpage NY	18	11	M	5: 0-12	1	34:39.4	11:11/M
159	Stephanie Plotkin	Plainview NY	216	53	F	5: 50-54	1	34:41.5	11:11/M
160	John Horan	Freeport NY	101	80	M	1: 80-84	4	34:54.1	11:16/M
161	Kimberly Schechter	Plainview NY	241	48	F	9: 45-49	8	34:56.2	11:16/M
162	Carmelita Kasper	Huntington Station	111	71	F	2: 70-74	1	34:57.3	11:17/M
163	Gerard Ruiz	Hicksville NY	234	59	M	10: 55-59	1	35:06.0	11:19/M
164	Daniel Casal	Plainview NY	33	15	M	6: 13-15	1	35:09.3	11:20/M
165	Sheetal Alreja	Hicksville NY	6	37	F	7: 35-39	1	35:09.8	11:21/M
166	Maryellen Loiacono	Lindenhurst NY	141	45	F	10: 45-49	1	35:10.7	11:21/M
167	Linn Weissman	Jericho NY	277	47	F	11: 45-49	1	35:19.6	11:24/M
168	Liz Pfeifer	East Norwich NY	209	58	F	6: 55-59	1	35:22.4	11:25/M
169	Kelly Rhatigan	Merrick NY	226	46	F	12: 45-49	1	35:34.8	11:29/M
170	Ronald Lessen	Old Westbury NY	131	53	M	17: 50-54	2	35:40.3	11:30/M
171	Geisha Curet	East Meadow NY	42	45	F	13: 45-49	1	35:42.8	11:31/M
172	Jessica Merkel	Roslyn NY	164	31	F	8: 30-34	1	35:47.9	11:33/M
173	Diarmuid White	Douglaston NY	278	76	M	1: 75-79	1	35:48.3	11:33/M
174	Janet Retto	Elmont NY	225	38	F	8: 35-39	1	35:56.5	11:36/M
175	Shouqiang Li	Plainview NY	139	33	M	5: 30-34	1	36:03.9	11:38/M
176	Thomas Willett	Hicksville NY	282	51	M	18: 50-54	1	36:06.7	11:39/M
177	Erin Gregorio	Massapequa NY	89	36	F	9: 35-39	1	36:16.9	11:42/M
178	Anne Kilarjian	Rockville Centre NY	118	65	F	4: 65-69	1	36:19.2	11:43/M
179	Austin Lester	Plainviewplainview	132	25	M	9: 25-29	1	36:19.9	11:43/M
180	Amy Goldstein	Farmingdale NY	80	59	F	7: 55-59	1	36:23.2	11:44/M
181	Joanne Kong	West Babylon NY	121	61	F	5: 60-64	1	36:38.2	11:49/M
182	Michael Ogazon	Garden City NY	192	78	M	2: 75-79	1	36:39.4	11:50/M
183	Dena Kaplan	Plainview NY	110	45	F	14: 45-49	1	36:41.9	11:50/M
184	Iwona Enzinger	Syosset NY	56	57	F	8: 55-59	1	37:00.6	11:56/M
185	Joey Arken	Albertson NY	9	57	M	11: 55-59	1	37:06.3	11:58/M
186	Ava Nargentino	Plainview NY	181	15	F	1: 13-15	1	37:08.2	11:59/M
187	Stacy Slomovicz	Plainview NY	253	45	F	15: 45-49	1	37:10.6	12:00/M
188	Hannah Slomovicz	Plainview NY	252	10	F	2: 0-12	1	37:10.8	12:00/M

Heart & Sole 2019

Overall Finish ListRace Date

July 21, 2019

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Div</u>	<u>Time</u>	<u>Pace</u>
189	Bridget Nargentino	Plainview NY	182	45	F	16: 45-49	1	37:14.1	12:01/M
190	Stephen Sprague	Oceanside NY	259	41	M	10: 40-44	7	37:31.0	12:06/M
191	Patricia Carroll	West Islip NY	32	67	F	5: 65-69	1	37:32.8	12:07/M
192	Daniel Pitonyak	Lebanon PA	213	33	M	6: 30-34	1	37:44.7	12:11/M
193	Terri Lester	Plainview NY	135	55	F	9: 55-59	1	38:07.1	12:18/M
194	Dominick Nuzzo	Whitestone NY	333	50	M	19: 50-54	1	38:11.5	12:19/M
195	Bethany Reppert	Bayville NY	224	26	F	6: 25-29	1	38:32.8	12:26/M
196	Larry Kurtzman	Plainview NY	122	56	M	12: 55-59	1	38:50.8	12:32/M
197	Jackie Olmsted	Massapequa NY	194	49	F	17: 45-49	9	39:07.7	12:37/M
198	Sharon Garfinkel	Huntington NY	76	57	F	10: 55-59	1	39:30.2	12:45/M
199	Carlos A Morales	Corona NY	173	85	M	1: 85-89	1	39:31.6	12:45/M
200	Kim Scharoff	Long Beach NY	238	43	F	10: 40-44	9	39:33.1	12:46/M
201	Joyce Wong	Bayville NY	288	57	F	11: 55-59	1	39:36.2	12:47/M
202	Joan Smith	Medford NY	254	49	F	18: 45-49	1	39:37.4	12:47/M
203	Rolf Sternglanz	Stony Brook NY	260	80	M	2: 80-84	1	40:12.1	12:58/M
204	Chris Miceli	Sea Cliff NY	166	73	M	6: 70-74	1	40:18.9	13:00/M
205	Eric Weinstein	Dix Hills NY	276	41	M	11: 40-44	1	40:20.0	13:01/M
206	Venkata Ram Marada	Hicksville NY	148	44	M	12: 40-44	1	40:40.3	13:07/M
207	Michael Fener	Plainview NY	2	52	M	20: 50-54	3	41:05.1	13:15/M
208	Marc Schechter	Plainview NY	242	49	M	7: 45-49	2	41:05.5	13:15/M
209	Kris Reilly	Nesconset NY	223	48	F	19: 45-49	1	41:11.6	13:17/M
210	Suzanne Marta	East Meadow NY	152	37	F	10: 35-39	1	41:32.4	13:24/M
211	James Errante	Wantagh NY	325	57	M	13: 55-59	1	41:42.2	13:27/M
212	Viviana McNamee	Old Bethpage NY	160	50	F	6: 50-54	1	41:42.3	13:27/M
213	Jordan Schechter	Plainview NY	240	19	F	1: 16-19	1	41:43.5	13:28/M
214	Rosemary Gutierrez	Ridgewood NY	93	14	F	2: 13-15	1	41:48.1	13:29/M
215	Jessica Castoro	Huntington Station	35	31	F	9: 30-34	1	41:48.8	13:29/M
216	Jonathan Castoro	Huntington Station	36	32	M	7: 30-34	3	41:49.1	13:29/M
217	Robert Koenig	Levittown NY	120	56	M	14: 55-59	6	41:51.1	13:30/M
218	Deeann Grappone	Bethpage NY	88	64	F	6: 60-64	1	42:01.1	13:33/M
219	Jennifer Errante	Wantagh NY	323	52	F	7: 50-54	1	42:05.8	13:35/M
220	Debby Snider	Roslyn NY	255	58	F	12: 55-59	1	42:11.3	13:37/M
221	Linda Pelsinger	Plainview NY	204	64	F	7: 60-64	1	42:11.9	13:37/M
222	Kevin Conrad	Lake Ronkonkoma	37	12	M	6: 0-12	1	42:50.3	13:49/M
223	Rujun Li	Plainview NY	138	10	M	7: 0-12	1	43:00.6	13:52/M
224	Stephen Mighdoll	Roslyn NY	168	67	M	5: 65-69	1	43:28.3	14:01/M
225	Yiannis Mountrakis	Greenvale NY	174	9	M	8: 0-12	1	43:38.7	14:05/M
226	Angeliki Perrikos	Greenvale NY	206	13	F	3: 13-15	1	43:39.9	14:05/M
227	Sal Mirando	Plainview NY	169	69	M	6: 65-69	1	44:34.6	14:23/M
228	Phillip Labarca	Hicksville NY	125	10	M	9: 0-12	1	44:55.4	14:29/M
229	Michael Conrad	Lake Ronkonkoma	38	42	M	13: 40-44	1	44:59.5	14:31/M
230	Martin Schwartz	Wantagh NY	243	81	M	3: 80-84	1	45:10.3	14:34/M
231	Barbara Blatt	Huntington NY	16	61	F	8: 60-64	1	45:21.9	14:38/M
232	Steven Blatt	Huntington NY	17	61	M	14: 60-64	1	45:21.9	14:38/M
233	Truc Labarca	Hicksville NY	126	47	F	20: 45-49	1	46:19.9	14:57/M
234	Arthur Boden	Plainview NY	19	63	M	15: 60-64	1	46:40.2	15:03/M
235	Zachary Alpern	Huntington Station	5	44	M	14: 40-44	1	46:40.5	15:03/M

Heart & Sole 2019

Race Date

July 21, 2019

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Div</u>	<u>Time</u>	<u>Pace</u>
236	Judi Nichols	Plainview NY	188	52	F	8: 50-54	1	46:51.5	15:07/M
237	Juliette Marchlewski	Roslyn NY	150	12	F	3: 0-12	1	46:53.4	15:08/M
238	Rob Marchlewski	Roslyn NY	151	43	M	15: 40-44	1	46:53.6	15:08/M
239	Elizabeth Nuzzo	Whitestone NY	334	49	F	21: 45-49	1	46:59.1	15:09/M
240	Aleta Laine	Carle Place NY	127	68	F	6: 65-69	1	47:37.3	15:22/M
241	Krystyna Baumgartner	Holbrook NY	11	33	F	10: 30-34	9	47:49.0	15:26/M
242	Ellen McKenna Hieber	Bethpage NY	158	51	F	9: 50-54	1	48:00.7	15:29/M
243	Debra Stewart	Selden NY	261	55	F	13: 55-59	1	48:06.6	15:31/M
244	Tracy Willett	Hicksville NY	283	48	F	22: 45-49	9	48:14.3	15:34/M
245	Jolene Boden	Oceanside NY	20	64	F	9: 60-64	1	48:59.4	15:48/M
246	Paula Groothuis	Albertson NY	90	70	F	3: 70-74	1	49:28.4	15:58/M
247	Kristen Willett	Hicksville NY	280	14	F	4: 13-15	1	49:29.8	15:58/M
248	Brian O'haire	Bethpage NY	200	61	M	16: 60-64	1	50:27.1	16:16/M
249	Louis Jainchill	Woodbury NY	297	55	M	15: 55-59	1	51:51.6	16:44/M
250	Pamala Ricotta	Bellmore NY	227	44	F	11: 40-44	1	52:04.0	16:48/M
251	Reema Nirola	Plainview NY	189	50	F	10: 50-54	1	52:09.7	16:50/M
252	Deanna Correia	Westbury NY	39	48	F	23: 45-49	1	52:10.3	16:50/M
253	Jennifer Belliveau	Bellmore NY	13	41	F	12: 40-44	8	52:10.6	16:50/M
254	Andrea Yorek	East Meadow NY	293	32	F	11: 30-34	9	52:10.6	16:50/M
255	Adria Bedell	Hicksville NY	12	47	F	24: 45-49	9	52:10.8	16:50/M
256	Megan Riordan	Merrick NY	229	51	F	11: 50-54	1	52:14.6	16:51/M
257	Deborah Gordon	Malverne NY	85	60	F	10: 60-64	1	52:22.1	16:54/M
258	Bernard Alter	Baldwin NY	7	71	M	7: 70-74	1	52:40.9	17:00/M
259	Lois Miceli	Sea Cliff NY	167	68	F	7: 65-69	1	54:42.0	17:39/M
260	Evette Gonzalez	Plainview NY	82	53	F	12: 50-54	1	57:04.7	18:25/M
261	Cary David Kessler	Plainview NY	116	66	M	7: 65-69	1	57:05.7	18:25/M
262	Dolorita De Jesus	Levittown NY	46	64	F	11: 60-64	1	1:03:02.1	20:20/M
263	Laura Sullivan	Merrick NY	262	46	F	25: 45-49	1	1:03:21.5	20:26/M
264	Iva Sutton	Selden NY	263	44	F	13: 40-44	9	1:03:21.9	20:26/M
265	David Kaplan	Glen Cove NY	317	55	M	16: 55-59	1	1:03:34.6	20:31/M
266	Howard Sitomer	Plainview NY	251	82	M	4: 80-84	1	1:07:21.6	21:44/M
267	Haolin Li	Plainview NY	137	9	M	10: 0-12	1	1:08:35.2	22:07/M
268	Yuying Zhao	Plainview NY	294	33	F	12: 30-34	1	1:08:36.2	22:08/M