

# 4SC Trail Long Final Standings

Race Date

November 11, 18

## 4SC - Long

### Overall Female Open Winners

<u>Place</u>	<u>Name / Race</u>	<u>City State</u>	<u>Age</u>		<u>Place*</u>	<u>Time</u>
1	Margo Ferraro	Penfield NY	39	Series Total:	<b>58</b>	<b>16:36:23</b>
	Cabin Fever				11	1:55:11 *
	Sehgahunda Trail Marathon & Relay				13	6:32:32 *
	Battle at Bristol - 50K, Half Marathon, 10K				7	4:30:01 *
	Fleet Feet Dirt Cheap Stage Race - Stage 1				9	35:34 *
	Fleet Feet Dirt Cheap Stage Race - Stage 2				8	52:50 *
	Fleet Feet Dirt Cheap Stage Race - Stage 3				10	2:10:17 *
2	Cheryl Paine-O'Connor	Webster NY	55	Series Total:	<b>82</b>	<b>19:15:31</b>
	Cabin Fever				14	2:24:43 *
	Sehgahunda Trail Marathon & Relay				18	7:30:15 *
	Battle at Bristol - 50K, Half Marathon, 10K				13	5:04:42 *
	Fleet Feet Dirt Cheap Stage Race - Stage 1				13	42:43 *
	Fleet Feet Dirt Cheap Stage Race - Stage 2				12	1:03:01 *
	Fleet Feet Dirt Cheap Stage Race - Stage 3				12	2:30:10 *

\*Overall Place

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## 4SC - Long

### Overall Male Open Winners

<u>Place</u>	<u>Name / Race</u>	<u>City State</u>	<u>Age</u>		<u>Place*</u>	<u>Time</u>
1	Ben Pragle	Wayland NY	32	Series Total:	<b>12</b>	<b>12:31:12</b>
	Cabin Fever				1	1:33:23 *
	Sehghunda Trail Marathon & Relay				3	4:54:40 *
	Battle at Bristol - 50K, Half Marathon, 10K				1	3:11:47 *
	Fleet Feet Dirt Cheap Stage Race - Stage 1				3	29:20 *
	Fleet Feet Dirt Cheap Stage Race - Stage 2				2	41:18 *
	Fleet Feet Dirt Cheap Stage Race - Stage 3				2	1:40:46 *
2	Joshua Frankel	Pittsford NY	36	Series Total:	<b>14</b>	<b>13:18:51</b>
	Cabin Fever				4	1:36:16 *
	Sehghunda Trail Marathon & Relay				2	4:49:01 *
	Battle at Bristol - 50K, Half Marathon, 10K				5	4:06:14 *
	Fleet Feet Dirt Cheap Stage Race - Stage 1				1	28:41 *
	Fleet Feet Dirt Cheap Stage Race - Stage 2				1	41:05 *
	Fleet Feet Dirt Cheap Stage Race - Stage 3				1	1:37:36 *
3	Stephen Konieczny	Batavia NY	39	Series Total:	<b>22</b>	<b>13:28:45</b>
	Cabin Fever				3	1:34:57 *
	Sehghunda Trail Marathon & Relay				4	5:17:07 *
	Battle at Bristol - 50K, Half Marathon, 10K				3	3:37:29 *
	Fleet Feet Dirt Cheap Stage Race - Stage 1				4	30:00 *
	Fleet Feet Dirt Cheap Stage Race - Stage 2				3	44:16 *
	Fleet Feet Dirt Cheap Stage Race - Stage 3				5	1:44:59 *

### Male 30 to 39

<u>Place</u>	<u>Name / Race</u>	<u>City State</u>	<u>Age</u>		<u>Place*</u>	<u>Time</u>
1	Nick Aloisio	Rochester NY	33	Series Total:	<b>29</b>	<b>14:27:08</b>
	Cabin Fever				2	1:34:11 *
	Sehghunda Trail Marathon & Relay				12	6:32:32 *
	Battle at Bristol - 50K, Half Marathon, 10K				2	3:22:39 *
	Fleet Feet Dirt Cheap Stage Race - Stage 1				5	31:05 *
	Fleet Feet Dirt Cheap Stage Race - Stage 2				4	44:22 *
	Fleet Feet Dirt Cheap Stage Race - Stage 3				4	1:42:21 *
2	Chris Van Kirk	Geneva NY	33	Series Total:	<b>37</b>	<b>15:19:56</b>
	Cabin Fever				5	1:38:50 *
	Sehghunda Trail Marathon & Relay				10	6:28:19 *
	Battle at Bristol - 50K, Half Marathon, 10K				4	3:52:13 *
	Fleet Feet Dirt Cheap Stage Race - Stage 1				6	34:16 *
	Fleet Feet Dirt Cheap Stage Race - Stage 2				6	47:34 *
	Fleet Feet Dirt Cheap Stage Race - Stage 3				6	1:58:46 *
3	Stephen Graham	Brockport NY	33	Series Total:	<b>44</b>	<b>15:20:03</b>
	Cabin Fever				10	1:54:59 *
	Sehghunda Trail Marathon & Relay				5	5:33:24 *
	Battle at Bristol - 50K, Half Marathon, 10K				6	4:23:11 *
	Fleet Feet Dirt Cheap Stage Race - Stage 1				7	34:17 *
	Fleet Feet Dirt Cheap Stage Race - Stage 2				9	53:11 *
	Fleet Feet Dirt Cheap Stage Race - Stage 3				7	2:01:02 *

### Male 40 to 49

<u>Place</u>	<u>Name / Race</u>	<u>City State</u>	<u>Age</u>		<u>Place*</u>	<u>Time</u>
1	Chris Young	Hilton NY	40	Series Total:	<b>62</b>	<b>17:10:53</b>
	Cabin Fever				8	1:48:59 *
	Sehghunda Trail Marathon & Relay				7	5:52:22 *

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### Male 40 to 49

<u>Place</u>	<u>Name / Race</u>	<u>City State</u>	<u>Age</u>		<u>Place*</u>	<u>Time</u>
2	Chris Young	Hilton NY	40	Series Total:	<b>62</b>	<b>17:10:53</b>
	Battle at Bristol - 50K, Half Marathon, 10K				9	4:43:34 *
	Fleet Feet Dirt Cheap Stage Race - Stage 1				12	41:19 *
	Fleet Feet Dirt Cheap Stage Race - Stage 2				13	1:12:32 *
	Fleet Feet Dirt Cheap Stage Race - Stage 3				13	2:52:09 *
2	Todd Bruns	Rochester NY	44	Series Total:	<b>65</b>	<b>17:16:40</b>
	Cabin Fever				12	2:00:42 *
	Sehgahunda Trail Marathon & Relay				11	6:31:11 *
	Battle at Bristol - 50K, Half Marathon, 10K				12	5:01:39 *
	Fleet Feet Dirt Cheap Stage Race - Stage 1				11	36:53 *
	Fleet Feet Dirt Cheap Stage Race - Stage 2				10	56:36 *
	Fleet Feet Dirt Cheap Stage Race - Stage 3				9	2:09:41 *

\*Overall Place