

Vale of Three Falls 5K Age Group Results
Sunday, May 23, 2021
Timed by Yellow Jacket Racing

F 19 & Under - Female

Place	Bib	Name	Category	Age	Gender	Time
1	176	Sophia Albano	F 19 & Under	16	Female	26:39.9
2	173	Bella Albano	F 19 & Under	17	Female	29:47.7
3	266	Alli Watkins	F 19 & Under	18	Female	30:14.7
4	213	Alina Kozlowski	F 19 & Under	6	Female	58:48.9

F 20-29 - Female

Place	Bib	Name	Category	Age	Gender	Time
1	211	Nora Kinslow	F 20-29	28	Female	28:58.6
2	191	Bethany Dudek	F 20-29	29	Female	29:45.7
3	164	Catarina Massa - 72	F 20-29	27	Female	31:22.4
4	192	Lynn Duffy	F 20-29	23	Female	35:21.2
5	262	Izzy Van Patten	F 20-29	23	Female	41:32.3

F 30-39 - Female

Place	Bib	Name	Category	Age	Gender	Time
1	199	Karen Fuller-Markham	F 30-39	38	Female	22:39.5
2	198	Marybeth Fortunato	F 30-39	37	Female	25:55.8
3	154	Jen Campanella - 72	F 30-39	39	Female	26:29.9
4	253	Melissa Stein	F 30-39	34	Female	33:03.9
5	208	Katie Jaenecke	F 30-39	34	Female	34:04.5
6	222	Annie Loomis	F 30-39	31	Female	34:25.3
7	159	Liz Goss - 72	F 30-39	36	Female	34:44.8
8	233	Christina Nesbitt	F 30-39	35	Female	35:05.1
9	214	Ceresa Kozlowski	F 30-39	36	Female	58:49.8
10	217	Esther Larivey	F 30-39	31	Female	1:04:17.7

F 40-49 - Female

Place	Bib	Name	Category	Age	Gender	Time
1	254	Dena Steis	F 40-49	46	Female	23:36.6
2	171	Jessica Weinman - 72	F 40-49	42	Female	25:26.9
3	193	Wendy Dwyer Albano	F 40-49	45	Female	26:53.1
4	168	Kristin Ruminski - 72	F 40-49	43	Female	28:34.7
5	190	Rachael Della Pietra	F 40-49	42	Female	28:56.4
6	158	Jen Faso - 72	F 40-49	49	Female	29:28.9
7	183	Melissa Best	F 40-49	44	Female	30:24.4
8	227	Melissa McCarthy	F 40-49	43	Female	30:42.3
9	187	Sarah Calkins	F 40-49	41	Female	30:58.8
10	269	Kelly Wichtendahl	F 40-49	40	Female	31:06.1
11	246	Jennifer Rosen	F 40-49	49	Female	32:05.0
12	242	Gillian Pielow	F 40-49	45	Female	32:11.7
13	221	Tara Levinstein	F 40-49	43	Female	32:15.3
14	236	Lisa Parry	F 40-49	46	Female	32:52.3
15	252	Shannon Smith	F 40-49	45	Female	33:03.4
16	215	Diane Krawczyk	F 40-49	49	Female	33:18.6
17	216	Renee Lanza	F 40-49	46	Female	33:32.1
18	223	Nicole Loomis	F 40-49	41	Female	34:25.3

19	271	Tara Yasenchak	F 40-49	49	Female	39:58.4
20	178	Laura Baker	F 40-49	47	Female	51:27.5
21	231	Barbara Moore	F 40-49	41	Female	1:35:13.2

F 50-59 - Female

Place	Bib	Name	Category	Age	Gender	Time
1	268	Melissa White	F 50-59	54	Female	23:15.1
2	278	Deanna Zeh	F 50-59	50	Female	26:37.3
3	189	Marcy Davis-Mchugh	F 50-59	58	Female	27:51.1
4	209	Christine Jones	F 50-59	59	Female	31:29.0
5	245	Deana Richard	F 50-59	51	Female	31:44.9
6	258	Kaye Treanor	F 50-59	51	Female	31:50.7
7	261	Lisa Vallance	F 50-59	52	Female	32:33.0
8	179	Dawn Barry	F 50-59	58	Female	32:56.2
9	243	Susan Prutsman	F 50-59	58	Female	33:17.2
10	207	Darcie Ikeler	F 50-59	52	Female	33:22.1
11	186	Ellen Brenner	F 50-59	50	Female	33:25.0
12	255	Christine Tascione	F 50-59	52	Female	35:35.0
13	238	Suzanne Parton-Meeder	F 50-59	58	Female	35:39.8
14	197	Jan Enderle	F 50-59	53	Female	40:02.2
15	263	Colleen Vandurme	F 50-59	55	Female	44:10.9
16	194	Cynthia Eichelman	F 50-59	59	Female	49:15.4
17	234	Tammy Marrie Ormsby	F 50-59	54	Female	1:35:12.2

F 60-69 - Female

Place	Bib	Name	Category	Age	Gender	Time
1	170	Lorrie Tily - 72	F 60-69	60	Female	30:21.6
2	220	Joan Lentini	F 60-69	63	Female	39:58.4
3	180	Gale Beachner	F 60-69	63	Female	48:34.3

F 70-79 - Female

Place	Bib	Name	Category	Age	Gender	Time
1	206	Jane Iaculli	F 70-79	74	Female	38:25.8

M 19 & Under - Male

Place	Bib	Name	Category	Age	Gender	Time
1	219	Ronan Larivey	M 19 & Under	6	Male	26:24.5
2	174	Luke Albano	M 19 & Under	12	Male	26:26.2

M 20-29 - Male

Place	Bib	Name	Category	Age	Gender	Time
1	212	Jonathan Knight	M 20-29	29	Male	27:18.6
2	257	Timothy Till-Jackson	M 20-29	28	Male	29:52.1

M 30-39 - Male

Place	Bib	Name	Category	Age	Gender	Time
1	151	Jeremiah Bailey - 72	M 30-39	35	Male	18:53.6
2	265	Michael Warren	M 30-39	34	Male	20:18.9
3	157	Theodore Dymont - 72	M 30-39	33	Male	24:08.5
4	181	Ian Beatty	M 30-39	36	Male	25:15.8
5	195	Robert Elsaesser	M 30-39	31	Male	25:38.0
6	256	Daniel Taylor	M 30-39	30	Male	27:12.0

7	185	Ryan Bockus	M 30-39	30	Male	28:00.0
8	218	Nathan Larivey	M 30-39	35	Male	28:19.3
9	162	Eamon M. Lyons - 72	M 30-39	39	Male	29:19.6
10	248	Spencer Sherwood	M 30-39	37	Male	30:49.3
11	184	Jeffrey Blando	M 30-39	32	Male	34:16.6
12	166	Jay Nadeau - 72	M 30-39	30	Male	36:18.5

M 40-49 - Male

Place	Bib	Name	Category	Age	Gender	Time
1	226	Jason Lukins	M 40-49	40	Male	20:25.5
2	160	Prem Kumar - 72	M 40-49	46	Male	23:25.8
3	225	Carlos Lopez	M 40-49	48	Male	23:53.7
4	156	Jacob Duvall - 72	M 40-49	42	Male	25:05.2
5	182	Chris Best	M 40-49	44	Male	25:19.9
6	237	Sean Parry	M 40-49	46	Male	25:54.9
7	250	Chad Skarzynski	M 40-49	40	Male	26:08.6
8	150	Gabriel Abdella - 72	M 40-49	49	Male	27:58.9
9	251	Jason Smith	M 40-49	48	Male	28:13.1
10	175	Richard Albano	M 40-49	47	Male	29:55.5
11	284	Rob Wilder - 72	M 40-49	45	Male	31:02.4
12	167	Keith Pedzich - 72	M 40-49	49	Male	31:46.5
13	204	Kip Hoag	M 40-49	47	Male	32:24.9
14	165	Aaron Mentkowski - 72	M 40-49	46	Male	34:36.0
15	232	Michael Moyles	M 40-49	43	Male	53:00.4

M 50-59 - Male

Place	Bib	Name	Category	Age	Gender	Time
1	172	Shawn Witkowski - 72	M 50-59	52	Male	22:55.6
2	260	Anthony Vallance	M 50-59	56	Male	24:51.5
3	196	Bill Enderle	M 50-59	52	Male	25:07.5
4	155	Todd Dappen Sr. - 72	M 50-59	59	Male	26:56.1
5	177	Gordie Auckland	M 50-59	54	Male	30:51.1
6	152	Rick Bennett - 72	M 50-59	59	Male	31:06.5
7	210	Larry Judd	M 50-59	56	Male	31:55.4
8	200	Pete Ganze	M 50-59	55	Male	38:52.0
9	153	Thomas Butler - 72	M 50-59	56	Male	48:26.8
10	201	Mark Gerstner	M 50-59	54	Male	53:07.6

M 60-69 - Male

Place	Bib	Name	Category	Age	Gender	Time
1	10875	Chris Barry	M 60-69	69	Male	28:40.6
2	264	Eric Vandurme	M 60-69	61	Male	29:02.4
3	235	John Osowski	M 60-69	66	Male	31:17.2
4	270	Michael Yargeau	M 60-69	65	Male	33:30.4
5	239	Onofrio Perzia	M 60-69	61	Male	34:51.0
6	161	Kurt Lozier - 72	M 60-69	62	Male	37:53.0
7	249	Joseph Shulman	M 60-69	68	Male	42:49.3
8	205	Christopher Holman	M 60-69	61	Male	53:01.9

M 70-79 - Male

Place	Bib	Name	Category	Age	Gender	Time
1	240	David Peters	M 70-79	72	Male	33:50.5

2	188	Robert Ciecieroga	M 70-79	73	Male	36:02.1
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