



Sehghunda 72 Overall
May 18th 19th, 2019
Letchworth State Park



Place	Name	Age	Gender	Sehghunda	Lower Falls 5K	Middle Falls 10K	Upper Falls 15K	Total Time
1	Chad Minuto	42	M	5:02:45	0:22:33	0:48:54	1:28:40	7:42:52
2	Shawn Witkowski	50	M	5:08:37	0:21:51	0:50:51	1:34:31	7:55:50
3	Stephen Konieczny	40	M	5:17:24	0:24:06	0:50:51	1:31:07	8:03:28
4	Jeremiah Bailey	33	M	5:23:34	0:19:34	0:53:50	1:32:22	8:09:20
5	Theodore Dymont	31	M	5:30:24	0:22:29	0:50:52	1:38:25	8:22:10
6	Josh Kramer	28	M	5:45:23	0:24:56	0:59:21	1:45:48	8:55:28
7	Eamon M. Lyons	37	M	5:45:57	0:28:52	1:02:12	1:41:19	8:58:20
8	Jessica Weinman	40	F	5:19:56	0:25:46	1:07:23	2:09:04	9:02:09
9	Dena Sheely	44	F	5:44:51	0:29:08	1:02:37	1:50:51	9:07:27
10	Todd Dappen Sr.	57	M	5:50:48	0:23:56	0:55:59	1:58:53	9:09:36
11	Joe Ruminski	44	M	6:01:20	0:28:20	1:02:22	1:46:35	9:18:37
12	Liz Goss	34	F	6:04:00	0:30:46	1:05:45	1:49:18	9:29:49
13	Michael Drennan	31	M	6:01:28	0:28:43	1:05:25	1:55:43	9:31:19
14	Oliver Brett	33	M	6:24:25	0:28:15	1:01:07	1:42:38	9:36:25
15	Kristin Ruminski	41	F	6:04:00	0:30:46	1:05:45	2:07:28	9:47:59
16	Shanna Hansen	45	F	6:31:35	0:27:59	1:02:22	1:48:59	9:50:55
17	Donna Boots	59	F	6:30:14	0:29:08	1:04:15	1:51:58	9:55:35
18	Lee Lonsberry	34	M	6:36:31	0:27:29	1:03:23	1:54:04	10:01:27
19	Julia Lehman	55	F	6:25:36	0:29:51	1:08:40	2:12:21	10:16:28
20	Marc Uhteg	50	M	6:46:01	0:29:08	1:07:00	1:56:38	10:18:47
21	Shea Coleman	35	F	6:36:58	0:31:26	1:08:08	2:04:27	10:20:59
22	David Sutherland	57	M	6:27:40	0:29:32	1:09:26	2:18:24	10:25:02
23	Christopher Tolbert	30	M	6:38:59	0:35:03	1:12:44	2:23:40	10:50:26
24	Tammi Steinberg	38	F	6:50:23	0:31:49	1:12:25	2:17:46	10:52:23
25	Rhonda Diehl	53	F	7:06:00	0:29:41	1:12:23	2:07:28	10:55:32
26	Glen Avery	68	M	7:15:12	0:34:32	1:18:43	2:18:12	11:26:39
27	Derek Johnson	41	M	7:52:01	0:31:05	1:12:26		9:35:32
28	Andrew Urckfitz	33	M	5:56:37				5:56:37
29	Thomas Butler	54	M	0:00:00	0:51:00	1:25:42	2:39:11	4:55:53