

Free No Frills 5K Run
Race Results BY AGE GROUP/FINISH

10/15/2023
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Free No Frills 5K Run
Race Results BY OVERALL FINISH

10/15/2023
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AgeGroup	GrpPlace	Ovrall Time	Bib#	Name	City/ST	Pace/Ml	AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	City/ST	Pace/Ml
F 15 - 24	5	16 0:48:33.2	10	Ashlyn Toronjo		ES 15:39.7	M 55 - 59	1	1	0:21:03.1	13	Wayne Bisailon		6:47.5
F 40 - 44	9	23 1:22:38.3	5	Rachel Simington		ES 26:39.5	M 1 - 99	2	2	0:24:47.8	24	Lucas Skrobot		7:59.9
F 45 - 49	6	17 0:49:00.0	9	Amelia Toronjo		ES 15:48.4	M 50 - 54	3	3	0:27:54.3	17	Keith Gercius		9:00.1
F 50 - 54	2	10 0:38:40.7	22	Stephanie Piacenti		12:28.6	M 50 - 54	4	4	0:28:43.3	20	Warren Monk		9:15.9
F 50 - 54	3	12 0:41:43.2	14	Valery Denby		13:27.5	M 60 - 64	5	5	0:32:10.3	16	Daniel Gerber		10:22.7
F 50 - 54	7	20 1:01:36.5	2	Laura Loica		ES 19:52.4	M 60 - 64	6	6	0:32:59.3	18	Daniel Hall		10:38.5
F 65 - 69	1	9 0:37:36.0	19	Kathleen Jensen		12:07.7	M 60 - 64	7	7	0:34:51.9	23	Rob Ravens		11:14.8
F 65 - 69	4	14 0:47:40.7	15	Diane DesMarteau		15:22.8	M 65 - 69	8	8	0:34:53.8	11	Craig Alberts		11:15.4
F 65 - 69	8	22 1:06:28.3	6	Maria Spargur		ES 21:26.5	F 65 - 69	9	1	0:37:36.0	19	Kathleen Jensen		12:07.7
F 70 - 99	10	24 1:22:39.0	4	Lorrie Simington		ES 26:39.7	F 50 - 54	10	2	0:38:40.7	22	Stephanie Piacenti		12:28.6
M 1 - 99	2	2 0:24:47.8	24	Lucas Skrobot		7:59.9	M 70 - 99	11	9	0:39:12.0	12	Mike Bednarz		12:38.7
M 1 - 99	11	15 0:48:00.7	7	Adam Toronjo		ES 15:29.3	F 50 - 54	12	3	0:41:43.2	14	Valery Denby		13:27.5
M 1 - 99	13	19 1:00:22.4	3	Clarence Moore		ES 19:28.5	M 70 - 99	13	10	0:47:37.7	21	Rich Olmstead		15:21.8
M 45 - 49	12	18 0:49:03.5	8	Alan Toronjo		ES 15:49.5	F 65 - 69	14	4	0:47:40.7	15	Diane DesMarteau		15:22.8
M 50 - 54	3	3 0:27:54.3	17	Keith Gercius		9:00.1	M 1 - 99	15	11	0:48:00.7	7	Adam Toronjo		ES 15:29.3
M 50 - 54	4	4 0:28:43.3	20	Warren Monk		9:15.9	F 15 - 24	16	5	0:48:33.2	10	Ashlyn Toronjo		ES 15:39.7
M 50 - 54	14	21 1:01:38.3	1	Griffin Kisner		ES 19:53.0	F 45 - 49	17	6	0:49:00.0	9	Amelia Toronjo		ES 15:48.4
M 55 - 59	1	1 0:21:03.1	13	Wayne Bisailon		6:47.5	M 45 - 49	18	12	0:49:03.5	8	Alan Toronjo		ES 15:49.5
M 60 - 64	5	5 0:32:10.3	16	Daniel Gerber		10:22.7	M 1 - 99	19	13	1:00:22.4	3	Clarence Moore		ES 19:28.5
M 60 - 64	6	6 0:32:59.3	18	Daniel Hall		10:38.5	F 50 - 54	20	7	1:01:36.5	2	Laura Loica		ES 19:52.4
M 60 - 64	7	7 0:34:51.9	23	Rob Ravens		11:14.8	M 50 - 54	21	14	1:01:38.3	1	Griffin Kisner		ES 19:53.0
M 65 - 69	8	8 0:34:53.8	11	Craig Alberts		11:15.4	F 65 - 69	22	8	1:06:28.3	6	Maria Spargur		ES 21:26.5
M 70 - 99	9	11 0:39:12.0	12	Mike Bednarz		12:38.7	F 40 - 44	23	9	1:22:38.3	5	Rachel Simington		ES 26:39.5
M 70 - 99	10	13 0:47:37.7	21	Rich Olmstead		15:21.8	F 70 - 99	24	10	1:22:39.0	4	Lorrie Simington		ES 26:39.7