

# GRTC #Freezeroo 2017-2018 - Pineway Ponds Park

## Results by Category: 5M

Date: 13 Jan 2018

Pos	No	Name	From	Time	O.Pos	Time Behind Categ	Time Behind Winner
Male : Ages 20-24							
1	153	Zach Lyons	East Aurora,NY	45:29.320	25	0.000	13:12.673
Male : Ages 25-29							
1	175	Luke Curley	North Chili,NY	41:03.667	12	0.000	8:47.020
Male : Ages 30-34							
1	143	Philip Nesbitt	Caledonia,NY	32:16.647	1	0.000	0.000
2	450	John Kachelmeyer	Akron,NY	34:20.887	4	2:04.240	2:04.240
3	29	Adam Cornwell	Rochester,NY	38:38.287	9	6:21.640	6:21.640
Female : Ages 30-34							
1	173	Jennie Hansen	Rochester,NY	35:58.393	5	0.000	0.000
Male : Ages 35-39							
1	158	Paul Glor	Rochester,NY	32:23.727	2	0.000	7.080
2	52	Joe Panzarella	East Rochetser,NY	40:50.513	11	8:26.787	8:33.867
3	120	Brian Glass	Spencerport,NY	58:42.037	56	26:18.310	26:25.390
Female : Ages 35-39							
1	130	Lynn Gottfried	Penfield,NY	37:55.987	8	0.000	1:57.593
2	78	Katie Courtney	Spencerport,NY	41:04.417	13	3:08.430	5:06.023
Male : Ages 40-44							
1	75	Dave Adams	Macedon,NY	39:00.000	10	0.000	6:43.353
2	57	Dale Heeks	Buffalo,NY	42:29.177	15	3:29.177	10:12.530
Female : Ages 40-44							
1	110	Jeanette George	Palmyra,NY	45:13.240	24	0.000	9:14.847
2	79	Kim Stacy	Rochester,NY	45:42.493	27	29.253	9:44.100
3	148	Cara Montrois	Spencerport,NY	58:38.587	55	13:25.347	22:40.193
4	178	Tina Pellegrin	Rochester,NY	1:16:18.550	63	31:05.310	40:20.157
Male : Ages 45-49							
1	11	Mark Larson	Rochester,NY	34:01.250	3	0.000	1:44.603
2	94	James Brennan	Pittsford,NY	36:42.393	6	2:41.143	4:25.747
3	150	Steven Holley	Batavia,NY	46:58.807	29	12:57.557	14:42.160
4	438	Scott Murdock	Rochester,NY	50:13.083	38	16:11.833	17:56.437
5	61	Aaron LiMutu	Spencerport,NY	1:00:55.807	58	26:54.557	28:39.160
Female : Ages 45-49							
1	147	Marie Davis	Mumford,NY	49:27.790	36	0.000	13:29.397
2	92	Gail Gilman	Churchville,NY	50:09.877	37	42.087	14:11.483

Pos	No	Name	From	Time	O.Pos	Time Behind Categ	Time Behind Winner
3	518	Amy Fromm	North Chili, NY	53:44.223	48	4:16.433	17:45.830
4	58	Tanya Landon	Rochester, NY	55:13.467	52	5:45.677	19:15.073

Male : Ages 50-54

1	95	Will Ruth	Rochester, NY	42:55.183	17	0.000	10:38.537
2	108	Daniel Taggerty	Rochester, NY	43:04.040	18	8.857	10:47.393
3	7	James Whorton	Rochester, NY	45:01.090	23	2:05.907	12:44.443
4	101	Joaquim Flores	Rochester, NY	47:41.530	30	4:46.347	15:24.883
5	65	Joao Flores	Rochester, NY	47:41.840	31	4:46.657	15:25.193
6	91	Michael Lyons	Rochester, NY	54:22.293	50	11:27.110	22:05.647
7	172	Nicholas Trifiro	Rochester, NY	57:20.947	54	14:25.763	25:04.300
8	99	Thomas Butler	Rochester, NY	1:06:46.043	62	23:50.860	34:29.397

Female : Ages 50-54

1	171	Bonnie Lindblom	Rochester, NY	42:33.227	16	0.000	6:34.833
2	448	Karen Samis		43:31.460	19	58.233	7:33.067
3	20	Karen Godshall	Spencerport, NY	47:43.117	32	5:09.890	11:44.723
4	93	Maria Donnelly	Rochester, NY	51:47.703	44	9:14.477	15:49.310
5	60	Laurie Derousie	Hilton, NY	53:35.847	46	11:02.620	17:37.453
6	15	Christine DeHond	Rochester, NY	54:37.567	51	12:04.340	18:39.173
7	96	Kym Ruth	Rochester, NY	1:04:00.647	61	21:27.420	28:02.253

Male : Ages 55-59

1	68	Mark Madigan	Pittsford, NY	37:17.510	7	0.000	5:00.863
2	59	Bill Hunt	Brockport, NY	43:39.310	20	6:21.800	11:22.663
3	517	Peter Lindblom	Rochester, NY	45:29.403	26	8:11.893	13:12.757
4	54	Wes Rosengrant	Churchville, NY	50:44.277	40	13:26.767	18:27.630
5	13	Frank Colavecchia	Rochester, NY	51:10.043	41	13:52.533	18:53.397
6	431	James Ryan	Rochester, NY	51:17.927	42	14:00.417	19:01.280
7	2	David Fitzgerald	Rochester, NY	53:43.960	47	16:26.450	21:27.313

Female : Ages 55-59

1	168	Ann Martin	Victor, NY	44:59.960	22	0.000	9:01.567
2	149	Carol Vanderberg	Batavia, NY	47:54.240	33	2:54.280	11:55.847
3	85	Pam Nudd	Rochester, NY	54:21.233	49	9:21.273	18:22.840
4	88	Sandra Rosengrant	Churchville, NY	59:18.793	57	14:18.833	23:20.400

Male : Ages 60-64

1	74	Douglas Deweaver	Rochester, NY	41:46.093	14	0.000	9:29.447
2	82	Brian Kane	Rochester, NY	44:27.530	21	2:41.437	12:10.883
3	80	Matt Degma	rochester, NY	46:00.780	28	4:14.687	13:44.133
4	50	John Curry	Brockport, NY	56:25.100	53	14:39.007	24:08.453
5	164	Kevin Clary	Pavilion, NY	1:01:19.877	59	19:33.783	29:03.230

Female : Ages 60-64

1	36	Anne Riley	Fairport, NY	53:19.467	45	0.000	17:21.073
2	138	Janine Quinlan	Sodus Point, NY	1:02:39.620	60	9:20.153	26:41.227

Male : Ages 65-69

Pos	No	Name	From	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	115	Stephen Hedges	Rochester, NY	51:46.707	43	0.000	19:30.060
2	118	William Murphy	Rochester, NY	1:43:40.207	64	51:53.500	1:11:23.56 <sup>^</sup>

Female : Ages 65-69

1	9	Patricia Lyons	East Aurora, NY	48:58.090	35	0.000	12:59.697
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Male : Ages 70-74

1	146	Roger Howe	Rochester, NY	50:39.307	39	0.000	18:22.660
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Male : Ages 75-79

1	8	Walter Lyons	East Aurora, NY	48:58.063	34	0.000	16:41.417
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