

2025 Heritage Hero Run + Stroll + Roll - 5K

9/27/2025

Participants with Negative Splits

5K

Pos	Bib	Last, First	City, State	Age	Age Group	Finish Time	Overall	Gender	Age Group
18	12	Bielemeier, Joshua	Rochester, NY	34	30-39 Male	25:16.090 <i>Split 1</i> 8:47.110 <i>Split 2</i> 8:25.137 <i>Split 3</i> 8:03.843	18	14	5
19	79	Salemi, Olivia	Webster, NY	28	20-29 Female	25:31.783 <i>Split 1</i> 8:35.810 <i>Split 2</i> 8:33.207 <i>Split 3</i> 8:22.767	19	5	1
20	82	Sassenhausen, Megan	Webster, NY	33	30-39 Female	25:51.230 <i>Split 1</i> 8:58.060 <i>Split 2</i> 8:28.020 <i>Split 3</i> 8:25.150	20	6	2
22	117	Guth, Cheryl	Rochester, NY	71	70 and over Female	26:16.863 <i>Split 1</i> 8:58.480 <i>Split 2</i> 8:42.533 <i>Split 3</i> 8:35.850	22	7	1
25	122	McCrobie, Joanne	Fairport, NY	62	60-69 Female	26:39.660 <i>Split 1</i> 9:01.233 <i>Split 2</i> 8:52.450 <i>Split 3</i> 8:45.977	25	10	2
28	59	Lavner, MARK	Fairport, NY	69	60-69 Male	26:54.240 <i>Split 1</i> 9:09.937 <i>Split 2</i> 8:56.080 <i>Split 3</i> 8:48.223	28	17	4

2025 Heritage Hero Run + Stroll + Roll - 5K

9/27/2025

Participants with Negative Splits

5K

Pos	Bib	Last, First	City, State	Age	Age Group	Finish Time	Overall	Gender	Age Group
30	95	vasta, massimiliano	VICTOR, NY	52	50-59 Male	27:08.547 <i>Split 1</i> 9:26.280 <i>Split 2</i> 8:59.793 <i>Split 3</i> 8:42.473	30	19	5
34	80	Salemi, Roberto	Rochester, NY	24	20-29 Male	27:21.117 <i>Split 1</i> 9:56.073 <i>Split 2</i> 9:36.873 <i>Split 3</i> 7:48.170	34	23	1
35	118	Crowe, Bill	Rochester, NY	75	70 and over Male	27:44.570 <i>Split 1</i> 9:38.987 <i>Split 2</i> 9:09.693 <i>Split 3</i> 8:55.890	35	24	2
36	5	Antonitto, Megan	Victor, NY	41	40-49 Female	27:56.080 <i>Split 1</i> 9:45.193 <i>Split 2</i> 9:05.700 <i>Split 3</i> 9:05.187	36	12	2
38	14	Bouteiller, Pamela	Webster, NY	43	40-49 Female	27:59.933 <i>Split 1</i> 9:36.133 <i>Split 2</i> 9:13.927 <i>Split 3</i> 9:09.873	38	13	3
41	29	Croll, Alex	Rochester, NY	50	50-59 Female	28:31.990 <i>Split 1</i> 9:54.047 <i>Split 2</i> 9:27.767 <i>Split 3</i> 9:10.177	41	14	1

2025 Heritage Hero Run + Stroll + Roll - 5K

9/27/2025

Participants with Negative Splits

5K

Pos	Bib	Last, First	City, State	Age	Age Group	Finish Time	Overall	Gender	Age Group
45	138	Hahn, Turner	,	59	50-59 Male	28:51.627 <i>Split 1</i> 9:44.890 <i>Split 2</i> 9:35.960 <i>Split 3</i> 9:30.777	45	31	6
46	94	Ulrich, Douglas	Rochester, NY	66	60-69 Male	28:58.940 <i>Split 1</i> 9:43.800 <i>Split 2</i> 9:42.833 <i>Split 3</i> 9:32.307	46	32	6
48	42	Gaudino, Jennifer	Rochester, NY	52	50-59 Female	29:32.233 <i>Split 1</i> 10:00.400 <i>Split 2</i> 9:50.150 <i>Split 3</i> 9:41.683	48	16	3
49	23	Christensen, Brianna	Rochester, NY	44	40-49 Female	29:34.753 <i>Split 1</i> 10:00.817 <i>Split 2</i> 9:51.980 <i>Split 3</i> 9:41.957	49	17	4
54	137	herbst, carrie-lynn	,	49	40-49 Female	30:46.620 <i>Split 1</i> 10:45.053 <i>Split 2</i> 10:06.860 <i>Split 3</i> 9:54.707	54	20	6
55	67	Nowakowski, Lisa	Rochester, NY	54	50-59 Female	30:56.457 <i>Split 1</i> 10:39.040 <i>Split 2</i> 10:11.857 <i>Split 3</i> 10:05.560	55	21	4

2025 Heritage Hero Run + Stroll + Roll - 5K

9/27/2025

Participants with Negative Splits

5K

Pos	Bib	Last, First	City, State	Age	Age Group	Finish Time	Overall	Gender	Age Group
57	38	Fleck, Vicky	Rochester, NY	37	30-39 Female	31:24.143 <i>Split 1</i> 10:44.473 <i>Split 2</i> 10:29.430 <i>Split 3</i> 10:10.240	57	23	3
63	74	Pryor, Marilee	Rochester, NY	70	70 and over Female	32:54.270 <i>Split 1</i> 11:19.927 <i>Split 2</i> 10:56.417 <i>Split 3</i> 10:37.927	63	28	2
68	10	Beaver, Vickey	Rochester, NY	51	50-59 Female	34:03.967 <i>Split 1</i> 11:51.913 <i>Split 2</i> 11:29.513 <i>Split 3</i> 10:42.540	68	30	5
69	123	Smith, Holly	,	65	60-69 Female	34:16.220 <i>Split 1</i> 11:47.757 <i>Split 2</i> 11:14.943 <i>Split 3</i> 11:13.520	69	31	4
73	96	Vicente, Tina	Rochester, NY	45	40-49 Female	35:30.373 <i>Split 1</i> 11:54.680 <i>Split 2</i> 11:50.257 <i>Split 3</i> 11:45.437	73	34	9
94	97	WEHNER, Edward	Webster, NY	60	60-69 Male	48:48.850 <i>Split 1</i> 16:56.407 <i>Split 2</i> 15:57.783 <i>Split 3</i> 15:54.660	94	48	10

2025 Heritage Hero Run + Stroll + Roll - 5K

9/27/2025

Participants with Negative Splits

5K

Pos	Bib	Last, First	City, State	Age	Age Group	Finish Time	Overall	Gender	Age Group
95	105	Woodhams, Susan	Rochester, NY	51	50-59 Female	49:10.517 <i>Split 1</i> 18:49.560 <i>Split 2</i> 17:58.450 <i>Split 3</i> 12:22.507	95	47	8
96	51	Hyde, Danielle	Pittsford, NY	51	50-59 Female	49:10.627 <i>Split 1</i> 18:49.713 <i>Split 2</i> 17:58.647 <i>Split 3</i> 12:22.267	96	48	9
100	136	Ladrigan-Whelpley, Theresa	,	48	40-49 Female	51:17.270 <i>Split 1</i> 17:11.210 <i>Split 2</i> 17:06.547 <i>Split 3</i> 16:59.513	100	50	10
101	39	Fouts, Laura	Rochester, NY	30	30-39 Female	52:18.140 <i>Split 1</i> 19:02.667 <i>Split 2</i> 17:57.000 <i>Split 3</i> 15:18.473	101	51	12
104	15	Brown, Anne	Webster, NY	34	30-39 Female	57:08.567 <i>Split 1</i> 21:10.750 <i>Split 2</i> 19:25.043 <i>Split 3</i> 16:32.773	104	53	13
107	65	Murphy, William	Rochester, NY	77	70 and over Male	1:00:27.513 <i>Split 1</i> 20:17.947 <i>Split 2</i> 20:15.087 <i>Split 3</i> 19:54.480	107	52	5

