

Frostbite 5K

A Fulmont Roadrunners Club Event



Age Group Results

Overall

| Place | Name | Age | City | State | Time | Pace |
|---------------|----------------|-----|------|-------|-------|------|
| Male | | | | | | |
| 1 | Conner Akowicz | 16 | | NY | 18:01 | 5:48 |
| Female | | | | | | |
| 1 | Maggy Lambo | 13 | | NY | 22:33 | 7:16 |

0 — 14

| Place | Name | Age | City | State | Time | Pace |
|---------------|-----------------|-----|------|-------|-------|------|
| Male | | | | | | |
| 2 | Tyler Newkirk | 14 | | NY | 20:56 | 6:44 |
| 3 | Nathan VanHorne | 14 | | NY | 22:23 | 7:12 |
| Female | | | | | | |
| 2 | Jessie Brooks | 14 | | NY | 23:44 | 7:38 |
| 3 | Madison Relyea | 12 | | NY | 23:50 | 7:40 |

15 — 19

| Place | Name | Age | City | State | Time | Pace |
|---------------|------------------|-----|------|-------|-------|------|
| Male | | | | | | |
| 1 | Josh Febbie | 15 | | NY | 19:00 | 6:07 |
| 2 | Austin Davis | 17 | | NY | 19:49 | 6:23 |
| 3 | Devante Marshall | 16 | | NY | 20:27 | 6:35 |
| Female | | | | | | |
| 1 | Alyssa Davis | 17 | | NY | 22:35 | 7:16 |
| 2 | Juleh Nicollaj | 15 | | NY | 24:05 | 7:45 |
| 3 | Emily Cromie | 16 | | NY | 24:21 | 7:50 |

20 — 29

| Place | Name | Age | City | State | Time | Pace |
|---------------|----------------|-----|------|-------|-------|------|
| Female | | | | | | |
| 1 | Amanda Rose | 29 | | NY | 25:58 | 8:22 |
| 2 | Kat Costello | 27 | | NY | 26:04 | 8:23 |
| 3 | Alisha Holcomb | 28 | | NY | 28:01 | 9:01 |

30 — 39

| Place | Name | Age | City | State | Time | Pace |
|-------------|---------------|-----|------|-------|-------|------|
| Male | | | | | | |
| 1 | Paul Connelie | 38 | | NY | 19:56 | 6:25 |
| 2 | Chris Eaton | 38 | | NY | 20:04 | 6:28 |
| 3 | Paul Cirillo | 38 | | NY | 22:39 | 7:17 |

Female

| | | | | | | |
|---|-----------------|----|--|----|-------|------|
| 1 | Leah Schaffer | 30 | | NY | 22:47 | 7:20 |
| 2 | Heather Leo | 36 | | NY | 26:09 | 8:25 |
| 3 | Sarah Frederick | 32 | | NY | 27:22 | 8:49 |

40 — 49

| Place | Name | Age | City | State | Time | Pace |
|-------------|--------------|-----|------|-------|-------|------|
| Male | | | | | | |
| 1 | Dan Towne | 49 | | NY | 22:27 | 7:14 |
| 2 | Shawn Krutz | 49 | | NY | 23:58 | 7:43 |
| 3 | Richard Deal | 46 | | NY | 24:12 | 7:47 |

Female

| | | | | | | |
|---|------------------|----|--|----|-------|------|
| 1 | Lori Beck | 40 | | NY | 25:20 | 8:09 |
| 2 | Rebecca Weiderma | 46 | | NY | 26:25 | 8:30 |
| 3 | Julie LaFontaine | 43 | | NY | 27:12 | 8:45 |

50 — 59

| Place | Name | Age | City | State | Time | Pace |
|---------------|-----------------|-----|------|-------|-------|-------|
| Male | | | | | | |
| 1 | Paul Dumont | 53 | | NY | 25:34 | 8:14 |
| 2 | Eric Parker | 58 | | NY | 27:04 | 8:43 |
| 3 | Michael Maguire | 59 | | NY | 29:49 | 9:36 |
| Female | | | | | | |
| 1 | Cindy Chase | 52 | | NY | 30:35 | 9:51 |
| 2 | Jill Spano | 50 | | NY | 33:18 | 10:43 |
| 3 | Patty Savino | 54 | | NY | 37:44 | 12:09 |

60 — 100

| Place | Name | Age | City | State | Time | Pace |
|---------------|--------------------|-----|------|-------|-------|-------|
| Male | | | | | | |
| 1 | Chester Tumidajewi | 60 | | NY | 24:58 | 8:02 |
| 2 | Robert Fairman | 67 | | NY | 28:17 | 9:06 |
| 3 | Gary Disanto-Rose | 61 | | NY | 31:59 | 10:18 |
| Female | | | | | | |
| 1 | Marilyn Fairman | 67 | | NY | 33:47 | 10:53 |