

Race Date  
June 02, 2019

# 2019 Capital Region Heart Run

## Overall Finish List

Place	Overall	Name	Bib	2mile	Finish	Total				
	1	Keith Toombs	510	20:22.7		19:18.4				
	2	Daniel Brady	566	20:59.9		20:15.5				
	3	Matthew Royer	476	21:48.2		20:27.5				
	4	Charles Reynolds	468	13:29.1	7:16.5	20:45.7				
	5	Timothy Abbott	142	22:32.4		22:19.8				
	6	Patrick Kervin	406	14:15.5	8:06.8	22:22.3				
	7	David Beaman	195	22:41.9		22:24.6				
	8	Joseph Altobello	589		22:38.7	22:38.7				
	9	Johnny Edick	293		22:54.4	22:54.4				
	10	Gavin Winacott	563	14:21.8	8:35.9	22:57.7				
	11	Joshua Rockwood	472	14:09.9	8:47.8	22:57.8				
	12	Maggie Sanderson	483	15:04.6	8:09.6	23:14.2				
	13	Sam Nielsen	447		23:24.8	23:24.8				
	14	Matthew Mangione	423	15:16.6	8:09.0	23:25.7				
	15	Garrick	498		23:27.8	23:27.8				
	16	Shannon Averill	180	15:19.8	8:08.4	23:28.2				
	17	Carlos Resstel	467	15:00.9	8:29.1	23:30.0				
	18	Lucas Davis	280		23:33.5	23:33.5				
	19	David Jabaut	393	14:58.1	8:53.7	23:51.9				
	20	Brian Harper	587	15:16.2	8:43.1	23:59.3				
	21	Lucas Sestito	494	15:06.0	9:08.6	24:14.6				
	22	Jess Smith	497	15:28.0	8:47.9	24:16.0				
	23	Peter Emmott	296	15:33.8	9:02.0	24:35.9				
	24	Michael Wallner	536	16:04.8	8:38.9	24:43.8				
	25	Todd Engle	299	25:02.4		24:46.7				
	26	Robert Almeida	567	15:41.9	9:09.0	24:50.9				
	27	Mathew Cantore	243	16:13.2	8:38.3	24:51.5				
	28	Megan Daviero	278	15:50.1	9:17.6	25:07.7				
	29	Christopher Thomas	505	16:06.0	9:03.2	25:09.2				
	30	Martin Touhey	593	16:09.1	9:04.0	25:13.2				
	31	Oliver Savcedo	565	16:16.2	9:00.9	25:17.2				
	32	Mike Johnson	399	16:15.2	9:04.4	25:19.6				
	33	Kristev Hildenbrandt	381	15:47.5	9:36.5	25:24.1				
	34	Vincent Fiori	341	16:23.8	9:05.1	25:29.0				
	35	Jonathan McRae	431	16:09.1	9:30.0	25:39.2				
	36	Nicole Kaczor	403	16:21.3	9:22.7	25:44.0				
	37	Mohaned Yousif	552	16:02.6	9:57.7	26:00.4				
	38	Frank Nuara	451		26:05.9	26:05.9				
	39	Amanuel	453	16:01.0	10:07.9	26:08.9				
	40	Ashley Jason	395	16:35.4	9:38.6	26:14.0				
	41	Edward Meyer	439	16:31.5	9:44.1	26:15.7				
	42	Melissa Carroll	591	16:27.7	9:50.9	26:18.6				
	43	Emily McDonnell	430	17:14.4	9:05.2	26:19.6				
	44	Seth Engel	297	17:15.9	9:04.8	26:20.7				
	45	William Engel	568	17:15.0	9:07.0	26:22.0				
	46	Rocky Diamond	286	17:06.8	9:18.5	26:25.4				
	47	Ron Moraski	440	16:43.8	9:47.6	26:31.4				
	48	Travis Kostell	409		26:36.0	26:36.0				
	49	Damon Russo	479	16:34.4	10:06.8	26:41.3				
	50	Tracey Meek	435	17:19.4	9:25.0	26:44.5				
	51	Raymond Lin	416	16:02.3	10:53.5	26:55.9				
	52	Keai Jiang	396	17:14.4	9:52.8	27:07.2				
	53	Connor Danz	276	17:12.4	9:56.4	27:08.9				
	54	Cameron Winacott	564			17:05.8	10:04.1	27:10.0		
	55	Michael Ware	539				27:10.9	27:10.9		
	56	Elizabeth Halayko	371			17:30.3	9:56.6	27:26.9		
	57	Heather Rogers	473			17:29.9	9:57.0	27:27.0		
	58	Adrian Vela Ponce	532			18:19.5	9:09.8	27:29.3		
	59	Phil Conti	266				27:30.5	27:30.5		
	60	Jim Faranda	580			18:03.5	9:28.7	27:32.2		
	61	Sonya Moroukian	441			17:14.2	10:20.9	27:35.1		
	62	Katie Alberts	151			17:27.7	10:10.4	27:38.1		
	63	Sivaji Gundala	370			16:47.6	10:55.1	27:42.7		
	64	Robert Thomas	508			17:22.5	10:20.8	27:43.3		
	65	Lecia Engle	298				27:55.9	27:55.9		
	66	Carlee Yavaniski	548			17:58.3	9:57.7	27:56.0		
	67	David Figuezoa	562			17:33.3	10:22.8	27:56.1		
	68	Kirsten LeBlanc	415			17:52.5	10:16.2	28:08.7		
	69	Amahi Waxman	602			18:18.3	10:02.7	28:21.0		
	70	Tim Higgins	380			17:47.5	10:35.0	28:22.6		
	71	Amber Mulford	442			18:30.5	9:54.5	28:25.1		
	72	Nate Thompson	557			19:01.5	9:38.0	28:39.5		
	73	Cooper Bibighaus	559			19:00.9	9:44.4	28:45.4		
	74	Amy Pedlow	456				28:46.4	28:46.4		
	75	Glenn Thompson	558			19:01.5	9:51.4	28:52.9		
	76	Krzysztof Drzymalski	290				28:56.5	28:56.5		
	77	Jennifer Williams	546			18:25.9	10:34.4	29:00.3		
	78	Alexandra Kann	405			19:24.9	9:35.8	29:00.7		
	79	Jeffrey Casale	249				29:01.9	29:01.9		
	80	Lindsey Klinge	408			18:33.1	10:30.0	29:03.1		
	81	Jennifer Webb	540			18:28.4	10:36.3	29:04.7		
	82	Trevor Engle	300			19:01.5	10:14.6	29:16.1		
	83	Jennifer Loh	418			18:39.3	10:37.1	29:16.4		
	84	Stephanie Wertz	542			18:30.2	10:50.0	29:20.3		
	85	Thurman Walling	535				29:23.2	29:23.2		
	86	Patricia Sattelberg	486			18:35.2	10:49.0	29:24.3		
	87	Jocelyn Gleason	367			18:38.9	10:50.5	29:29.4		
	88	James Callahan	242			18:39.9	10:49.6	29:29.6		
	89	Regina Loewenstein	417			19:07.4	10:32.5	29:40.0		
	90	Austin Church	255			18:50.8	10:50.1	29:40.9		
	91	Marissa Shibley	496			18:50.5	10:50.6	29:41.1		
	92	Alyssa Lowell	419			19:24.8	10:19.7	29:44.6		
	93	Jennifer Lawrence	414			19:10.6	10:35.2	29:45.9		
	94	Andrew Flaherty	592			31:05.9		29:46.0		
	95	Craig Buonora	238			19:14.7	10:33.6	29:48.3		
	96	Omesh Budhu	237			19:05.6	10:45.9	29:51.5		
	97	Jamie Cooke	268			19:05.7	10:47.6	29:53.4		
	98	Jeffrey Cullen	597			19:13.3	10:41.6	29:54.9		
	99	Tanner Cahill	241			19:37.8	10:17.6	29:55.5		
	100	Michael Mulligan	443			18:49.2	11:11.9	30:01.2		
	101	Michele Bourgeois	198				30:03.5	30:03.5		
	102	Hayley Faranda	332			19:58.4	10:11.2	30:09.7		
	103	Rocco Constantino	265			17:55.0	12:18.9	30:14.0		
	104	Dave Constantino	261			17:57.9	12:16.3	30:14.3		
	105	Marisa Alber	573			19:26.0	10:57.9	30:24.0		
	106	Andrew White	544			19:41.5	10:49.6	30:31.2		
	107	Mike Ostrander	454			19:27.7	11:08.9	30:36.6		
	108	Anne Peters	458				30:37.7	30:37.7		

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Place	Overall	Name	Bib	2mile	Finish	Total						
	109	Jackson Green	582		30:39.4	30:39.4	162	Lucy Urig	530	21:16.7	14:11.3	35:28.0
	110	Sonja Stark	500	19:42.0	11:16.8	30:58.9	163	Therese Biazon	585	35:48.8		35:30.2
	111	MaryBeth Heneghan	377	19:26.1	11:36.5	31:02.7	164	Sarah Biazon	586	23:29.5	12:00.7	35:30.3
	112	Smitha Harwood	374		31:02.9	31:02.9	165	Rachel Capo	588		35:30.4	35:30.4
	113	Daniel Abbott	140	38:25.4		31:16.6	166	Ursula Merkt	437	21:14.2	14:18.3	35:32.5
	114	Hongwei Zhang	553	20:04.7	11:20.6	31:25.4	167	Eileen Mahoney	422	22:47.1	12:53.5	35:40.7
	115	Abbey Hines	382	19:44.6	11:44.4	31:29.0	168	Jessica Peck	455	36:34.2		35:41.2
	116	Danielle Freebern	344	20:40.8	10:53.5	31:34.3	169	Judi West	543	22:10.0	13:53.3	36:03.3
	117	Susan Armer	171	20:40.8	10:53.6	31:34.4	170	Stephan Wise	547		36:11.2	36:11.2
	118	Luke Faranda	581	19:56.4	11:47.6	31:44.0	171	Drazen Bacarra	182	22:13.4	13:58.1	36:11.5
	119	Greg Daviero	277	20:50.0	11:02.1	31:52.2	172	Maryrose Walsh	537	23:01.3	13:17.4	36:18.7
	120	Scott Frament	342	32:11.6		31:53.9	173	Christopher Urig	531	36:38.9		36:22.9
	121	Brittany Frament	343	19:47.8	12:06.3	31:54.2	174	Tyler Davis	279	24:18.9	12:13.5	36:32.4
	122	Crystal Coolidge	269	32:23.4		32:02.2	175	Simone Davis	281	24:18.5	12:38.0	36:56.5
	123	David Seacord	492	32:20.9		32:06.9	176	Becky Darling	574	23:41.2	13:41.5	37:22.8
	124	Toressa Young	551	20:23.4	11:48.5	32:11.9	177	Josefina Casino-ono	252	39:31.6		37:25.4
	125	Lisa Carroll	248	20:49.8	11:27.7	32:17.6	178	Tess Madison	421	24:01.5	13:31.7	37:33.3
	126	Scott Barbolt	193	20:15.0	12:06.2	32:21.2	179	Van Green	556		37:47.1	37:47.1
	127	John Cochreu	603	21:01.1	11:34.0	32:35.2	180	Ellen Abbott	141	23:57.7	13:51.7	37:49.5
	128	MaryEllen Torri	525		32:39.3	32:39.3	181	Irina Holden	383	39:12.8		37:49.5
	129	Elizabeth Nowicki	449	32:57.5		32:39.4	182	Patty Kilgore	407	24:13.4	13:46.5	37:59.9
	130	Nacole Neahr	446	20:37.0	12:07.6	32:44.6	183	Deborah	162		38:10.4	38:10.4
	131	Amanda Hennessy	378		32:53.3	32:53.3	184	Maria DeAngelo	284	24:38.3	13:42.1	38:20.4
	132	Bryce Kaminski	577	21:22.1	11:31.4	32:53.5	185	Alison Schlobohm	489	24:53.6	13:32.3	38:25.9
	133	Paul Graffeo	369	33:11.4		32:53.8	186	Amy DeAngelo	283		38:30.0	38:30.0
	134	Robyn Kaminski	575	21:21.5	11:33.0	32:54.5	187	Blanca Saucedo	487	24:06.4	14:27.0	38:33.5
	135	Erica Garcia	576	20:48.4	12:06.5	32:54.9	188	Misty Jones	400	24:06.6	14:26.9	38:33.6
	136	Phillip Kaminski	404	21:20.3	11:34.8	32:55.1	189	Christina Norris	448	24:05.7	14:28.0	38:33.7
	137	Abigail Alverson	157		32:57.6	32:57.6	190	Natasha Sachs	482		38:43.0	38:43.0
	138	Arlene Alber	572		33:02.1	33:02.1	191	Kristen DiPasquale	289		38:43.3	38:43.3
	139	Brenda Ross	475	20:58.9	12:05.1	33:04.0	192	Leon Ghikas	349	24:36.2	14:10.3	38:46.6
	140	Rae Delibero	607	20:34.8	12:34.3	33:09.1	193	Glenn Rockwood	584		39:07.9	39:07.9
	141	Lauren Graber	606	20:35.8	12:33.4	33:09.2	194	Davin Melita	583	24:58.0	14:45.6	39:43.6
	142	Jack James	569	21:19.6	11:55.1	33:14.8	195	Mary Constantino	264	25:51.4	13:55.3	39:46.7
	143	Shannon James	570	21:20.5	11:55.7	33:16.3	196	Georgianne	262	25:02.8	14:53.8	39:56.7
	144	Maureen Foley	594	21:19.2	11:57.6	33:16.8	197	Stacy Sanderson	484	25:27.0	14:32.3	39:59.4
	145	Laurie Adrian	143	21:44.0	11:50.6	33:34.6	198	Sundar Raman	466	40:25.1		40:07.3
	146	Gio Constantino	263	21:05.2	12:33.2	33:38.5	199	Paula LaRoche	413	26:03.6	14:06.4	40:10.0
	147	Kelly Green	555		33:39.9	33:39.9	200	Courtney Jones	401		40:12.9	40:12.9
	148	Shawn Lynch	420		33:41.5	33:41.5	201	Janet Sturgeon	503	25:50.0	14:31.2	40:21.3
	149	Nikki Schafer	608	34:14.0		34:01.3	202	Kellie Connery	258	25:46.7	14:34.8	40:21.6
	150	Madison Martino	561	21:40.7	12:20.7	34:01.4	203	Jessi Aubuchon	172	25:24.8	14:58.5	40:23.4
	151	Alec Barrett	560	21:40.6	12:21.1	34:01.7	204	Nelson Waxmen	599	26:32.6	13:58.7	40:31.3
	152	Meghan Davis	282	34:28.5		34:16.4	205	Karen Peters	457	25:47.4	14:47.1	40:34.5
	153	Joan Rooney	474	22:32.2	11:56.6	34:28.9	206	Gloria Cahill	240	26:44.9	13:59.9	40:44.8
	154	Tyler Rooney	579		34:29.3	34:29.3	207	Elizabeth Dufort	600		41:02.4	41:02.4
	155	Nicole Runyon	478	22:37.5	11:58.2	34:35.8	208	Susan Daigneault	275	26:45.1	14:44.5	41:29.6
	156	Bryan Humiston	391		34:38.6	34:38.6	209	Kathy Barlow	194	26:34.9	15:00.6	41:35.6
	157	Nicole Humiston	595	22:01.0	12:51.9	34:52.9	210	Vincent Capo	244		42:34.6	42:34.6
	158	Maria Malm	578	22:27.4	12:37.9	35:05.4	211	Paula Young	550	42:57.5		42:36.5
	159	Kathy Howe	390	22:38.8	12:29.5	35:08.4	212	Judy Harris	372	27:43.2	14:53.5	42:36.7
	160	Donna Topolski	517		35:08.5	35:08.5	213	Mary Helen Collen	256	27:26.5	15:31.3	42:57.8
	161	Megan Meduna	433	22:26.4	12:50.8	35:17.2	214	James Rice	470		43:17.0	43:17.0
							215	Lindsey Kral	411	28:32.0	14:45.2	43:17.3
							216	Joseph Sacco	481	28:15.2	15:09.0	43:24.2

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<u>Place</u>	<u>Overall Name</u>	<u>Bib</u>	<u>2mile</u>	<u>Finish</u>	<u>Total</u>
217	Kelsey Piel	459		44:08.3	44:08.3
218	Cailyn Connors	260	28:31.7	15:39.7	44:11.4
219	Sara Sokolowski	499	28:29.1	15:46.0	44:15.1
220	Darcy Poppey	462	27:55.9	16:30.0	44:25.9
221	Sarah Cotton	270	29:02.7	15:24.7	44:27.5
222	Lattisha Hicks	379		44:33.0	44:33.0
223	Cecilia Vincent	533	27:17.8	17:20.0	44:37.9
224	Helen Yerden	549	28:36.6	16:01.5	44:38.1
225	Jessica Ware	538	28:39.8	16:01.0	44:40.9
226	Maureen Murphy	444	27:36.7	17:07.3	44:44.0
227	Ebony Mayo	427	28:26.7	16:44.7	45:11.5
228	Sharon Gerasia	348	28:44.2	16:27.8	45:12.1
229	Jacqueline Mereday	436		45:20.6	45:20.6
230	Margaret Hatch	375	29:30.0	15:51.7	45:21.7
231	Devin Rose Ira	392		45:23.1	45:23.1
232	Lauren Tourtellott	528	26:52.5	18:30.6	45:23.1
233	Sandra LaBrake	412	30:15.3	15:17.4	45:32.7
234	Mary Haloy	571	30:07.9	15:24.9	45:32.8
235	Jennifer Torger	520	29:50.6	16:34.8	46:25.4
236	Colleen Murrisky	445	30:18.0	16:33.0	46:51.1
237	Colleen Breen	199	29:58.7	17:08.9	47:07.6
238	Nadine Healey	376	30:16.9	16:51.2	47:08.2
239	Eileen Walker	554	31:22.8	17:21.0	48:43.8
240	Marcia Rice	469	31:27.9	18:05.8	49:33.7
241	Nancy Cashman	251	33:34.1	19:41.9	53:16.0
242	Kelley Pike	460	34:48.2	18:35.6	53:23.9
243	Patricia Pillsworth	461	34:48.8	18:35.1	53:23.9
244	Debbie Schultz	490	37:27.6	16:29.6	53:57.3
245	Gail Sacco	480	34:54.8	19:20.6	54:15.5
246	Jacqueline Sheffer	495	34:53.1	19:24.2	54:17.3
247	Veronica Taylor	596		54:47.2	54:47.2
248	Stephen Breen	200		55:01.8	55:01.8
249	Cindy Breslin	235		55:02.2	55:02.2
250	Denise Rucinski	477		55:37.8	55:37.8
251	Lisa Giruzzi	350		55:37.8	55:37.8
252	Glenn Labiaco	601	27:02.5	33:03.5	1:00:06.0
253	Lynda Holt	384	39:50.1	22:09.1	1:01:59.2
254	Leonard Gaylord	347		1:01:59.7	1:01:59.7