

# 2024 Glens Falls Hospital Foundation Aloha 5K and 1Mile Walk/Rur



## Age Group Awards

Place	Bib	Name	Age	Gender	Team	GunTime	Pace
<b>5K</b>							
<b>Male 14 &amp; Under</b>							
1.	361	Workman, Braden	14	M		19:36.5	6:19 / mi
2.	110	Esqueda, Javier	13	M		20:16.7	6:32 / mi
3.	362	Workman, Caden	14	M		21:00.2	6:46 / mi
<b>Female 14 &amp; Under</b>							
1.	1293	Lieberth, Madeleine	13	F		32:11.3	10:22 / mi
2.	223	Marillo, Isabella	13	F	Cut to the Chasers	32:20.1	10:25 / mi
3.	345	Washco, Maddie	8	F	Wacky Wobblers	33:44.8	10:53 / mi
<b>Male 15-19</b>							
1.	55	Casavant, Hayden	19	M		20:05.2	6:28 / mi
2.	246	Murphy, Brady	17	M		20:16.1	6:32 / mi
3.	2	Alessi, Haven	15	M	Rehab Racers	20:57.9	6:45 / mi
<b>Female 15-19</b>							
1.	395	Hogan, Josie	15	F		22:43.5	7:19 / mi
2.	363	Wright, Chloe	16	F		25:56.6	8:22 / mi
3.	59	Cerro, Vivienne	16	F		26:00.3	8:23 / mi
<b>Male 20-29</b>							
1.	164	Hutchins, Nicholas	27	M	Rehab Racers	24:05.8	7:46 / mi
2.	235	Mickle, Taylor	29	M	Quality Lineup	27:23.8	8:50 / mi
3.	299	Smith, Alex	26	M	Team ADNET	29:05.2	9:22 / mi
<b>Female 20-29</b>							
1.	1344	Gorton, Kasey	24	F		21:54.5	7:04 / mi
2.	27	Bell, Savannah	24	F	HUS Heroes	22:33.6	7:16 / mi
3.	63	Clark-Sebast, Tonya	27	F	Snuggery	25:11.3	8:07 / mi
<b>Male 30-39</b>							
1.	232	Meunier, Andrew	38	M	GFH Lab	18:34.9	5:59 / mi
2.	25	Beck, Josh	34	M	Cut to the Chasers	22:26.3	7:14 / mi
3.	162	Hunsinger, Nick	34	M		22:42.7	7:19 / mi
<b>Female 30-39</b>							
1.	384	Burns, Kayla	33	F		20:49.4	6:43 / mi
2.	275	Rand, Janne	39	F	GFH Lab	21:47.1	7:01 / mi
3.	814	Barbien, Alexandra	39	F		22:58.3	7:24 / mi
<b>Male 40-49</b>							
1.	1283	Purvis, Lance	46	M		18:39.2	6:01 / mi
2.	143	Hare, Jason	47	M	Quality Lineup	19:17.3	6:13 / mi
3.	220	Margan, Adam	40	M		19:43.3	6:21 / mi
<b>Female 40-49</b>							
1.	1287	Gathen, Farrier	41	F		20:52.1	6:43 / mi
2.	155	Hieronomy, Heather	49	F	Rehab Racers	23:25.4	7:33 / mi
3.	252	Nix, Jenifer	43	F	Snuggery	23:53.5	7:42 / mi

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<b>Male 50-59</b>							
1.	302	Smith, Larry	50	M	Quality Lineup	22:05.7	7:07 / mi
2.	322	Tokarczyk, Joseph	52	M		22:15.6	7:10 / mi
3.	144	Harper, Gary	55	M		23:13.1	7:29 / mi
<b>Female 50-59</b>							
1.	386	Cotter, Kelly	59	F		20:48.2	6:42 / mi
2.	813	Keely, Susan	59	F		22:10.1	7:09 / mi
3.	365	Wyman, Sue	55	F	Tiki Titans	23:12.7	7:29 / mi
<b>Male 60-69</b>							
1.	265	Pizarro, Glenn	62	M	Quality Lineup	21:45.7	7:01 / mi
2.	291	Seyb, Ron	63	M		23:12.2	7:29 / mi
3.	161	Hunsinger, Chris	64	M		24:12.1	7:48 / mi
<b>Female 60-69</b>							
1.	311	Sullivan, Debbie	69	F	Quality Lineup	24:28.6	7:53 / mi
2.	89	Doepper, Erika	62	F		28:23.3	9:09 / mi
3.	342	Walencik, Vickie	64	F		28:29.8	9:11 / mi
<b>Male 70-79</b>							
1.	341	Walencik, Adam	71	M		28:27.0	9:10 / mi
2.	109	Epstein, Alan	71	M	Rehab Racers	48:05.1	15:30 / mi
<b>Female 70-79</b>							
1.	1321	Bain, Sharon	78	F		27:41.4	8:55 / mi
2.	16	Bain, MaryEllen	71	F		31:18.3	10:05 / mi
3.	359	Wood, Jean Julia	76	F	Rehab Racers	52:49.1	17:02 / mi
<b>Male 80+</b>							
1.	309	Stevens, Norman	82	M		31:19.2	10:06 / mi
<b>1 Mile Walk/Run</b>							
1.	159	Huizinga, Floria		F	Marilyn O'Neill's Barefoot Gang	19:40.0	19:39 / mi
<b>Male 14 &amp; Under</b>							
1.	103	Durr, III, Brian	7	M	GFH Lab	18:26.1	18:26 / mi
2.	191	Kusaywa, Hunter	8	M	CR Wood Cancer Center	19:25.4	19:25 / mi
3.	377	Mason, Nicholas	5	M		20:32.9	20:32 / mi
<b>Female 14 &amp; Under</b>							
1.	399	Hunsinger, Adaline	8	F		14:23.4	14:23 / mi
2.	69	Combs, Cloee	13	F	Quality Lineup	17:42.1	17:42 / mi
3.	1282	Gamble, Nora	8	F		19:46.3	19:46 / mi
<b>Female 15-19</b>							
1.	128	Giuliano, Lillian	18	F	Quality Lineup	15:35.4	15:35 / mi
2.	313	Susko, Cassandra	18	F	Quality Lineup	15:35.4	15:35 / mi
3.	74	Cukrovany, Kylie	18	F	Quality Lineup	15:35.7	15:35 / mi

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<b>Male 20-29</b>							
1.	1288	Yattaw, Joshua	26	M		19:29.7	19:29 / mi
2.	137	Gustafson, James	29	M	Quality Lineup	22:55.8	22:55 / mi
<b>Female 20-29</b>							
1.	70	Cooper, Samantha	26	F		17:42.4	17:42 / mi
2.	366	Yattaw, Rachel	23	F	CR Wood Cancer Center	19:29.5	19:29 / mi
3.	190	Kusaywa, Emily	29	F	CR Wood Cancer Center	19:30.3	19:30 / mi
<b>Male 30-39</b>							
1.	383	Constantineau, Shawn	32	M		17:31.3	17:31 / mi
2.	321	Thaler, Eric	34	M	CR Wood Cancer Center	19:30.8	19:30 / mi
3.	371	N.n, N.n	30	M		20:15.2	20:15 / mi
<b>Female 30-39</b>							
1.	339	Vooris, Erin	38	F		16:13.1	16:13 / mi
2.	382	Brown-Constantine, Sabrina	31	F		17:32.5	17:32 / mi
3.	132	Gregory, Joann	34	F		20:08.8	20:08 / mi
<b>Male 40-49</b>							
1.	51	Carpentier, Kane	41	M	4 West Crew	19:36.6	19:36 / mi
2.	374	Mason, Chris	42	M		20:33.2	20:33 / mi
3.	102	Durr, II, Brian	40	M	GFH Lab	27:15.8	27:15 / mi
<b>Female 40-49</b>							
1.	49	Cahill, Lyndsey	42	F		12:40.6	12:40 / mi
2.	139	Hamblin, Christine	48	F	Tiki Titans	18:29.7	18:29 / mi
3.	343	Warrington, Heather	48	F	CR Wood Cancer Center	19:27.4	19:27 / mi
<b>Male 50-59</b>							
1.	315	Susko, Mark	52	M	Quality Lineup	16:27.0	16:26 / mi
2.	104	Durrin, Marc	53	M	Glens Falls Medical Groupies	26:38.0	26:37 / mi
<b>Female 50-59</b>							
1.	387	Cilauro, Lorraine	50	F		16:06.8	16:06 / mi
2.	314	Susko, Colleen	53	F	Quality Lineup	16:27.7	16:27 / mi
3.	303	Smith, Shawn	50	F	Quality Lineup	17:43.1	17:43 / mi
<b>Female 60-69</b>							
1.	391	Carpenter, Lori	66	F		16:01.6	16:01 / mi
2.	839	Heidorf, Donna	66	F		17:32.3	17:32 / mi
3.	207	Little, Connie	68	F	Rehab Racers	19:56.2	19:56 / mi
<b>Male 70-79</b>							
1.	214	Lyons III, Tom	79	M		37:32.1	37:32 / mi
<b>Female 70-79</b>							
1.	183	Kirby, Linda	70	F	Marilyn ONeill's Barefoot Gang	34:10.4	34:10 / mi
2.	213	Lyons, Susan	78	F		37:33.5	37:33 / mi