

KP5K WALK/RUN
AVERILL PARK HIGH SCHOOL, AVERILL PARK, NY
SATURDAY, MAY 19, 2019

Results by White Knight Timing & Race Management

Overall Results

Pl	Comp#	Name	Sex/Age	City/State	Time
1	371	Balogh, Andrew	M19	Averill Park, NY	17:40
2	262	Hansen, Alec	M14	Wynantskill, NY	18:54
3	362	Tempel, Max	M21	Averill Park, NY	18:57
4	300	Millette, Austin	M16	Averill Park, NY	18:58
5	277	Jacobson, Jake	M15	Averill Park, NY	19:37
6	381	Hacker, Thomas	M18	Averill Park, NY	20:22
7	329	Smith, Samuel	M14	Averill Park, NY	20:25
8	263	Hansen, Colin	M15	Wynantskill, NY	21:05
9	210	Bielawski, Logan	M17	Averill Park, NY	21:09
10	332	Spiezio, Philip	M54	Greenwich, NY	22:07
11	380	Baker, Ryan	M18	Wynantskill, NY	22:19
12	361	Fldeming, Will	M18	Averill Park, NY	22:20
13	316	Rose, Matthew	M18	Schaghticoke, NY	22:23
14	282	Kiehl, Hayden	M14	Wynantskill, NY	22:25
15	245	Fogel, Paul	M39	Averill Park, NY	22:26
16	213	Bonesteel, Sammy	M14	Averill Park, NY	22:27
17	280	Jewell, Michael	M43	Averill Park, NY	22:28
18	319	Ruppe, Rebecca	W41	Troy, NY	22:39
19	226	Dee, Carter	M12	East Greenbush, NY	22:55
20	386	Wing, Sarah	W16	Averill Park, NY	22:55
21	350	Viloria, Stephanie	W36	East Greenbush, NY	23:11
22	367	Rescott, Wendy	W59	West Sand Lake, NY	23:17
23	265	Hansen, Lynn	W45	Wynantskill, NY	23:32
24	207	Berger, Pamela	W12	Troy, NY	23:39
25	313	Romer, Trent	M48	West Sand Lake, NY	23:50
26	357	Gil, Madeline	W17	Wynantskill, NY	23:50
27	330	Smith, Seth	M17	Averill Park, NY	23:50
28	356	Chan, Hadley	W17	Sand Lake, NY	23:51
29	206	Berger, Adam	M42	Troy, NY	24:11
30	242	Flick, Peter	M19	West Sand Lake, NY	24:16
31	323	Silipigno, Angie	W43	Rexford, NY	24:16
32	379	Witte, Thomas	M37	Colonie, NY	24:24
33	317	Rose, Mel	M51	Schaghticoke, NY	24:25
34	372	Ryan, Patrick	M46	West Sand Lake, NY	24:26
35	333	Stahlman, Sean	M43	Averill Park, NY	24:39
36	309	Rembetski, Jill	W50	Averill Park, NY	24:43
37	247	Foust, Joshua	M21	West Sand Lake, NY	25:02
38	212	Bonesteel, Jim	M57	Averill Park, NY	25:25
39	318	Ruppe, Alexa	W10	Troy, NY	25:27
40	204	Armsby, Rebecca	W43	East Greenbush, NY	25:27
41	269	Hill, Courtney	W34	Clifton Park, NY	25:31
42	240	Fiori, Vincent	M52	Clifton Park, NY	25:34
43	283	Kiehl, Lena	W17	Wynantskill, NY	25:55
44	346	VanDerKar, Amy	W43	Averill Park, NY	25:55
45	202	Agro, Lindsay	W11	Wynantskill, NY	26:14
46	203	Agro, Tom	M47	Wynantskill, NY	26:14
47	384	Michael, Luke	M10	Unattached	26:23
48	295	Meissner, Lila	W10	East Nassau, NY	26:28
49	374	Weinlaub, Laura	W63	Glenmont, NY	26:39
50	340	Thomas, Robert	M50	Averill Park, NY	26:53
51	334	Stewart, Adam	M55	Averill Park, NY	26:58
52	364	Swinson, Bryanna	W18	Troy, NY	26:59

53	290	Lindheimer, Tara	W45	Stephentown, NY	27:14
54	228	Densmore, Dayna	W15	Averill Park, NY	27:50
55	229	Densmore, Dylan	M23	Averill Park, NY	27:50
56	225	Danz, Connor	M14	Rensselaer, NY	27:58
57	292	Lindheimer, William	M44	Stephentown, NY	28:16
58	363	Tempel, Nick	M15	Averill Park, NY	28:26
59	335	Stewart, Benjamin	M13	Averill Park, NY	28:26
60	221	Conlee, Grant	M15	Averill Park, NY	28:26
61	369	Schwarz, Michael	M48	Wynantskill, NY	28:45
62	370	Schwarz-Else, Sophie	W16	Wynantskill, NY	28:46
63	376	Wajda, Roy	M11	Sand Lake, NY	28:52
64	267	Headley, Max	M10	Averill Park, NY	28:52
65	339	Ta, Chung	M38	Averill Park, NY	29:01
66	251	Geraci, Anthony	M41	Averill Park, NY	29:14
67	244	Fogel, Katie	W37	Averill Park, NY	29:31
68	298	Meyer, Jason	M17	Averill Park, NY	29:56
69	344	Vandenberg, Abby	W18	Averill Park, NY	30:08
70	288	Lindheimer, Alyssa	W17	Stephentown, NY	30:09
71	232	Dewolf, Jon	M17	Averill Park, NY	30:09
72	373	Wainmann, Tom	M17	West Sand Lake, NY	30:09
73	286	Kronau, Lilly	W17	Poestenkill, NY	30:10
74	304	Murray, Maddy	W15	Poestenkill, NY	30:23
75	296	Meissner, Stacey	W39	East Nassau, NY	30:49
76	347	Vandervort, Traci	W56	Voorheesville, NY	31:32
77	205	Bendett, Claudia	W51	Averill Park, NY	31:32
78	341	Tillou, Rebecca	W39	Voorheesville, NY	31:44
79	331	Spiezio, Mary Ann	W51	Greenwich, NY	31:59
80	279	Jewell, Angel	W42	Averill Park, NY	32:08
81	219	Conlee, Brent	M47	Averill Park, NY	32:11
82	218	Conlee, Bonnie Jean	W45	Averill Park, NY	32:11
83	284	Kiehl, Rhett	M10	Wynantskill, NY	32:32
84	285	Kiehl, Tom	M44	Wynantskill, NY	32:32
85	266	Harland, Lauren	W16	West Sand Lake, NY	33:01
86	270	Hodson, Jessica	W38	Schenectady, NY	33:04
87	246	Foster, Chris	M49	Averill Park, NY	33:29
88	261	Hannigan, Kasey	W36	Wynantskill, NY	33:43
89	255	Gundrum, Eric	M50	West Sand Lake, NY	33:45
90	348	Viloria, Brandon	M38	East Greenbush, NY	33:49
91	349	Viloria, Mia	W7	East Greenbush, NY	33:52
92	217	Cioffi, Lisa	W28	Averill Park, NY	33:54
93	328	Smith, Anjanette	W45	Averill Park, NY	34:10
94	303	Morgan, Beth	W42	Averill Park, NY	34:11
95	336	Strickland, Jason	M14	Averill Park, NY	34:31
96	289	Lindheimer, Ella	W15	Stephentown, NY	35:17
97	291	Lindheimer, Tessa	W11	Stephentown, NY	35:18
98	353	Zelenke, Daniel	M12	Troy, NY	36:02
99	256	Gundrum, Kathleen	W50	West Sand Lake, NY	36:27
100	211	Boedigheimer, Keri	W40	Watervliet, NY	36:29
101	351	Warland, Doe	W69	Castleton, NY	36:59
102	299	Miller, Ciara	W19	Averill Park, NY	38:23
103	230	Dewolf, Jared	M19	Averill Park, NY	38:23
104	310	Ricchiuti, Rebecca	W30	Albany, NY	38:43
105	222	Consula, Michele	W50	Wynantskill, NY	38:50
106	224	Cummins, Elizabeth	W40	Troy, NY	38:51
107	254	Grandeau, Donna	W56	Niskayuna, NY	39:26
108	366	Quiles, Joshua	M38	Albany, NY	40:14
109	365	Quiles, Heath	M14	Albany, NY	40:14
110	294	McDonough, Natalie	W50	Niskayuna, NY	40:54
111	233	Dewolf, Katherine	W22	Averill Park, NY	41:28
112	236	Duffy, Jennifer	W38	Voorheesville, NY	41:39
113	378	Bendett, Scott	M53	Averill Park, NY	41:48
114	377	Hacker, Chuck	M52	Unattached	41:48
115	220	Conlee, Ella	W12	Averill Park, NY	42:21
116	324	Smead, Deborah	W61	Rensselaer, NY	43:13

117	325	Smead, Julia	W22	Rensselaer, NY	43:14
118	268	Hennessy, Jan	W68	Averill Park, NY	43:19
119	306	Parker, Lisa	W50	Albany, NY	43:58
120	223	Cotton, Sarah	W33	Albany, NY	43:59
121	338	Strickland, Rachael	W11	Averill Park, NY	44:30
122	231	Dewolf, Jen	W51	Averill Park, NY	44:43
123	388	Morone, Dan	M50	Averill Park, NY	45:50
124	239	Farrell, Tim	M55	Averill Park, NY	47:31
125	275	Hug, Cindy	W56	Averill Park, NY	47:37
126	314	Rose, Jeannine	W47	Schaghticoke, NY	47:49
127	343	Valente, Philomena	W64	Averill Park, NY	48:35
128	311	Rohl, Alexia	W45	West Sand Lake, NY	48:50
129	234	Dobert, Deborah	W53	Sand Lake, NY	48:51
130	252	Gibbins, Melody	W47	Troy, NY	49:25
131	264	Hansen, Dawn	W48	Wynantskill, NY	50:40
132	321	Shelhamer, Stacey	W48	Wynantskill, NY	50:41
133	278	Jacobson, Pam	W53	Averill Park, NY	51:08
134	382	Scarce, Wendy	W58	Averill Park, NY	51:09
135	276	Hug, Felicia	W29	Averill Park, NY	53:50
136	307	Reasor, Cathy	W52	Averill Park, NY	57:15
137	368	Sheehan, Linda	W63	Averill Park, NY	57:17
138	355	Zimmerman, Rebekah	W17	Poestenkill, NY	58:07
139	354	Zelenke, Keating	W18	Troy, NY	58:09
140	387	Wing, Laura	W17	Averill Park, NY	58:10
141	305	O'Neill-Knasick, Katie	W18	Averill Park, NY	58:10

Age Groups

Name	Sex/Age	City/State	Time
=====			
Overall Results			
1	Ruppe, Rebecca	W41 Troy, NY	22:39
2	Wing, Sarah	W16 Averill Park, NY	22:55
3	Viloria, Stephanie	W36 East Greenbush, NY	23:11

Overall Results			
1	Balogh, Andrew	M19 Averill Park, NY	17:41
2	Hansen, Alec	M14 Wynantskill, NY	18:54
3	Tempel, Max	M21 Averill Park, NY	18:57

Women

1-14 Results			
1	Berger, Pamela	W12 Troy, NY	23:39
2	Ruppe, Alexa	W10 Troy, NY	25:27
3	Agro, Lindsay	W11 Wynantskill, NY	26:14
4	Meissner, Lila	W10 East Nassau, NY	26:28
5	Viloria, Mia	W7 East Greenbush, NY	33:52
6	Lindheimer, Tessa	W11 Stephentown, NY	35:18
7	Conlee, Ella	W12 Averill Park, NY	42:21
8	Strickland, Rachael	W11 Averill Park, NY	44:30

15-19 Results			
1	Gil, Madeline	W17 Wynantskill, NY	23:50
2	Chan, Hadley	W17 Sand Lake, NY	23:51
3	Kiehl, Lena	W17 Wynantskill, NY	25:55
4	Swinson, Bryanna	W18 Troy, NY	26:59
5	Densmore, Dayna	W15 Averill Park, NY	27:50
6	Schwarz-Else, Sophie	W16 Wynantskill, NY	28:46

7 Vandenberg, Abby	W18 Averill Park, NY	30:08
8 Lindheimer, Alyssa	W17 Stephentown, NY	30:09
9 Kronau, Lilly	W17 Poestenkill, NY	30:10
10 Murray, Maddy	W15 Poestenkill, NY	30:23
11 Harland, Lauren	W16 West Sand Lake, NY	33:01
12 Lindheimer, Ella	W15 Stephentown, NY	35:17
13 Miller, Ciara	W19 Averill Park, NY	38:23
14 Zimmerman, Rebekah	W17 Poestenkill, NY	58:07
15 Zelenke, Keating	W18 Troy, NY	58:09
16 Wing, Laura	W17 Averill Park, NY	58:10
17 O'Neill-Knasick, Katie	W18 Averill Park, NY	58:10

20-29 Results

1 Cioffi, Lisa	W28 Averill Park, NY	33:54
2 Dewolf, Katherine	W22 Averill Park, NY	41:28
3 Smead, Julia	W22 Rensselaer, NY	43:14
4 Hug, Felicia	W29 Averill Park, NY	53:50

30-39 Results

1 Hill, Courtney	W34 Clifton Park, NY	25:31
2 Fogel, Katie	W37 Averill Park, NY	29:31
3 Meissner, Stacey	W39 East Nassau, NY	30:49
4 Tillou, Rebecca	W39 Voorheesville, NY	31:44
5 Hodson, Jessica	W38 Schenectady, NY	33:04
6 Hannigan, Kasey	W36 Wynantskill, NY	33:43
7 Ricchiuti, Rebecca	W30 Albany, NY	38:43
8 Duffy, Jennifer	W38 Voorheesville, NY	41:39
9 Cotton, Sarah	W33 Albany, NY	43:59

40-49 Results

1 Hansen, Lynn	W45 Wynantskill, NY	23:32
2 Silipigno, Angie	W43 Rexford, NY	24:16
3 Armsby, Rebecca	W43 East Greenbush, NY	25:27
4 VanDerKar, Amy	W43 Averill Park, NY	25:55
5 Lindheimer, Tara	W45 Stephentown, NY	27:14
6 Jewell, Angel	W42 Averill Park, NY	32:08
7 Conlee, Bonnie Jean	W45 Averill Park, NY	32:11
8 Smith, Anjanette	W45 Averill Park, NY	34:10
9 Morgan, Beth	W42 Averill Park, NY	34:11
10 Boedigheimer, Keri	W40 Watervliet, NY	36:29
11 Cummins, Elizabeth	W40 Troy, NY	38:51
12 Rose, Jeannine	W47 Schaghticoke, NY	47:49
13 Rohl, Alexia	W45 West Sand Lake, NY	48:50
14 Gibbins, Melody	W47 Troy, NY	49:25
15 Hansen, Dawn	W48 Wynantskill, NY	50:40
16 Shelhamer, Stacey	W48 Wynantskill, NY	50:41

50-59 Results

1 Rescott, Wendy	W59 West Sand Lake, NY	23:17
2 Rembetski, Jill	W50 Averill Park, NY	24:43
3 Vandervort, Traci	W56 Voorheesville, NY	31:32
4 Bendett, Claudia	W51 Averill Park, NY	31:32
5 Spiezio, Mary Ann	W51 Greenwich, NY	31:59
6 Gundrum, Kathleen	W50 West Sand Lake, NY	36:27
7 Consula, Michele	W50 Wynantskill, NY	38:50
8 Grandeau, Donna	W56 Niskayuna, NY	39:26
9 McDonough, Natalie	W50 Niskayuna, NY	40:54
10 Parker, Lisa	W50 Albany, NY	43:58
11 Dewolf, Jen	W51 Averill Park, NY	44:43
12 Hug, Cindy	W56 Averill Park, NY	47:37
13 Dobert, Deborah	W53 Sand Lake, NY	48:51
14 Jacobson, Pam	W53 Averill Park, NY	51:08
15 Scarce, Wendy	W58 Averill Park, NY	51:09
16 Reasor, Cathy	W52 Averill Park, NY	57:15

60-69 Results

1 Weinlaub, Laura	W63 Glenmont, NY	26:39
2 Warland, Doe	W69 Castleton, NY	36:59
3 Smead, Deborah	W61 Rensselaer, NY	43:13
4 Hennessy, Jan	W68 Averill Park, NY	43:19
5 Valente, Philomena	W64 Averill Park, NY	48:35
6 Sheehan, Linda	W63 Averill Park, NY	57:17

Men**1-14 Results**

1 Smith, Samuel	M14 Averill Park, NY	20:25
2 Kiehl, Hayden	M14 Wynantskill, NY	22:25
3 Bonesteel, Sammy	M14 Averill Park, NY	22:27
4 Dee, Carter	M12 East Greenbush, NY	22:55
5 Michael, Luke	M10 Unattached	26:23
6 Danz, Connor	M14 Rensselaer, NY	27:58
7 Stewart, Benjamin	M13 Averill Park, NY	28:26
8 Wajda, Roy	M11 Sand Lake, NY	28:52
9 Headley, Max	M10 Averill Park, NY	28:52
10 Kiehl, Rhett	M10 Wynantskill, NY	32:32
11 Strickland, Jason	M14 Averill Park, NY	34:31
12 Zelenke, Daniel	M12 Troy, NY	36:02
13 Quiles, Heath	M14 Albany, NY	40:14

15-19 Results

1 Millette, Austin	M16 Averill Park, NY	18:58
2 Jacobson, Jake	M15 Averill Park, NY	19:37
3 Hacker, Thomas	M18 Averill Park, NY	20:22
4 Hansen, Colin	M15 Wynantskill, NY	21:05
5 Bielawski, Logan	M17 Averill Park, NY	21:09
6 Baker, Ryan	M18 Wynantskill, NY	22:19
7 Fldeming, Will	M18 Averill Park, NY	22:20
8 Rose, Matthew	M18 Schaghticoke, NY	22:23
9 Smith, Seth	M17 Averill Park, NY	23:50
10 Flick, Peter	M19 West Sand Lake, NY	24:16
11 Tempel, Nick	M15 Averill Park, NY	28:26
12 Conlee, Grant	M15 Averill Park, NY	28:26
13 Meyer, Jason	M17 Averill Park, NY	29:56
14 Dewolf, Jon	M17 Averill Park, NY	30:09
15 Wainmann, Tom	M17 West Sand Lake, NY	30:09
16 Dewolf, Jared	M19 Averill Park, NY	38:23

20-29 Results

1 Foust, Joshua	M21 West Sand Lake, NY	25:02
2 Densmore, Dylan	M23 Averill Park, NY	27:50

30-39 Results

1 Fogel, Paul	M39 Averill Park, NY	22:26
2 Witte, Thomas	M37 Colonie, NY	24:24
3 Ta, Chung	M38 Averill Park, NY	29:01
4 Viloría, Brandon	M38 East Greenbush, NY	33:49
5 Quiles, Joshua	M38 Albany, NY	40:14

40-49 Results

1 Jewell, Michael	M43 Averill Park, NY	22:28
2 Romer, Trent	M48 West Sand Lake, NY	23:50
3 Berger, Adam	M42 Troy, NY	24:11
4 Ryan, Patrick	M46 West Sand Lake, NY	24:26
5 Stahlman, Sean	M43 Averill Park, NY	24:39

6	Agro, Tom	M47 Wynantskill, NY	26:14
7	Lindheimer, William	M44 Stephentown, NY	28:16
8	Schwarz, Michael	M48 Wynantskill, NY	28:45
9	Geraci, Anthony	M41 Averill Park, NY	29:14
10	Conlee, Brent	M47 Averill Park, NY	32:11
11	Kiehl, Tom	M44 Wynantskill, NY	32:32
12	Foster, Chris	M49 Averill Park, NY	33:29

50-59 Results

1	Spiezio, Philip	M54 Greenwich, NY	22:07
2	Rose, Mel	M51 Schaghticoke, NY	24:25
3	Bonesteel, Jim	M57 Averill Park, NY	25:25
4	Fiori, Vincent	M52 Clifton Park, NY	25:34
5	Thomas, Robert	M50 Averill Park, NY	26:53
6	Stewart, Adam	M55 Averill Park, NY	26:58
7	Gundrum, Eric	M50 West Sand Lake, NY	33:45
8	Bendett, Scott	M53 Averill Park, NY	41:48
9	Hacker, Chuck	M52 Unattached	41:48
10	Morone, Dan	M50 Averill Park, NY	45:50
11	Farrell, Tim	M55 Averill Park, NY	47:31