

Glen Meadows 5K 2022

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
1	CHRISTINE ARACE		F: 1	RUNNER	224	00:23:08.39	07:26	8.1mph	Overall Female Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:11:39.49	07:30	8.0mph	00:11:39.49
						Split 2	00:11:28.90	07:23	8.1mph	00:23:08.39
2	ERIKA SNYDER		F: 2	RUNNER	255	00:26:22.52	08:29	7.1mph	Overall Female Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:13:34.90	08:44	6.9mph	00:13:34.90
						Split 2	00:12:47.63	08:14	7.3mph	00:26:22.52
3	MELISSA CANATA		F: 3	RUNNER	227	00:27:49.69	08:57	6.7mph	Overall Female Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:13:46.90	08:52	6.8mph	00:13:46.90
						Split 2	00:14:02.79	09:02	6.6mph	00:27:49.69
4	ABIGAIL RUBLE		F: 4	RUNNER	253	00:28:57.06	09:19	6.4mph	Overall Female Runner: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:14:21.93	09:14	6.5mph	00:14:21.93
						Split 2	00:14:35.13	09:23	6.4mph	00:28:57.06
5	BEN WILLIAMS		M: 1	RUNNER	259	00:30:34.07	09:50	6.1mph	Overall Male Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:15:51.67	10:12	5.9mph	00:15:51.67
						Split 2	00:14:42.40	09:28	6.3mph	00:30:34.07
6	KELLY OTT		F: 5	RUNNER	248	00:31:28.54	10:07	5.9mph	Overall Female Runner: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:15:24.65	09:55	6.0mph	00:15:24.65
						Split 2	00:16:03.90	10:20	5.8mph	00:31:28.54
7	SUSAN WILLIAMS		F: 6	RUNNER	258	00:31:50.55	10:14	5.9mph	Overall Female Runner: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:15:52.62	10:13	5.9mph	00:15:52.62
						Split 2	00:15:57.94	10:16	5.8mph	00:31:50.55
8	AMANDA EGAN POIRIER		F: 7	RUNNER	235	00:32:09.43	10:21	5.8mph	Overall Female Runner: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:15:33.02	10:00	6.0mph	00:15:33.02
						Split 2	00:16:36.41	10:41	5.6mph	00:32:09.43
9	REGINA DILEGO		F: 8	RUNNER	231	00:32:41.21	10:31	5.7mph	Overall Female Runner: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:16:49.98	10:50	5.5mph	00:16:49.98
						Split 2	00:15:51.24	10:12	5.9mph	00:32:41.21
10	KELLY KENDIG		F: 9	RUNNER	241	00:32:56.45	10:36	5.7mph	Overall Female Runner: 9	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:15:56.39	10:15	5.8mph	00:15:56.39
						Split 2	00:17:00.06	10:56	5.5mph	00:32:56.45
11	CHRISTOPHER SPOSATO		M: 2	RUNNER	256	00:32:58.95	10:36	5.7mph	Overall Male Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:16:31.72	10:38	5.6mph	00:16:31.72
						Split 2	00:16:27.23	10:35	5.7mph	00:32:58.95
12	MEGAN CARON		F: 10	RUNNER	228	00:34:25.04	11:04	5.4mph	Overall Female Runner: 10	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:17:20.30	11:09	5.4mph	00:17:20.30
						Split 2	00:17:04.75	10:59	5.5mph	00:34:25.04
13	KELLY RYAN		F: 11	RUNNER	254	00:36:28.33	11:44	5.1mph	Overall Female Runner: 11	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:18:01.98	11:36	5.2mph	00:18:01.98
						Split 2	00:18:26.36	11:52	5.1mph	00:36:28.33
14	JOCELYN LENTINE		F: 12	RUNNER	243	00:36:28.43	11:44	5.1mph	Overall Female Runner: 12	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:18:01.86	11:36	5.2mph	00:18:01.86
						Split 2	00:18:26.58	11:52	5.1mph	00:36:28.43
15	BUFFY D. LORD		F: 13	RUNNER	244	00:37:41.17	12:07	4.9mph	Overall Female Runner: 13	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:18:57.07	12:11	4.9mph	00:18:57.07
						Split 2	00:18:44.11	12:03	5.0mph	00:37:41.17
16	SHARYN ALIBOZEK		F: 14	RUNNER	223	00:37:44.99	12:09	4.9mph	Overall Female Runner: 14	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:18:54.20	12:10	4.9mph	00:18:54.20
						Split 2	00:18:50.80	12:07	4.9mph	00:37:44.99

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17	STEVEN PAONE		F: 15	RUNNER	251	00:41:15.43	13:16	4.5mph	Overall Female Runner: 15	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:20:52.33	13:26	4.5mph	00:20:52.33
						Split 2	00:20:23.10	13:07	4.6mph	00:41:15.43
18	ERIC DRAYMAN		M: 3	RUNNER	234	00:41:37.95	13:24	4.5mph	Overall Male Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:20:29.08	13:11	4.6mph	00:20:29.08
						Split 2	00:21:08.88	13:36	4.4mph	00:41:37.95
19	STACIE PANETTI		F: 16	RUNNER	250	00:41:38.42	13:24	4.5mph	Overall Female Runner: 16	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:20:29.19	13:11	4.5mph	00:20:29.19
						Split 2	00:21:09.23	13:37	4.4mph	00:41:38.42
20	DONNA PALMA		F: 17	RUNNER	249	00:42:32.86	13:41	4.4mph	Overall Female Runner: 17	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:20:17.25	13:03	4.6mph	00:20:17.25
						Split 2	00:22:15.61	14:19	4.2mph	00:42:32.86
21	ERIN MILLER		F: 18	RUNNER	246	00:42:33.40	13:41	4.4mph	Overall Female Runner: 18	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:20:17.75	13:03	4.6mph	00:20:17.75
						Split 2	00:22:15.66	14:19	4.2mph	00:42:33.40
22	MYRA WILK		F: 19	RUNNER	257	00:43:13.56	13:54	4.3mph	Overall Female Runner: 19	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:21:22.57	13:45	4.4mph	00:21:22.57
						Split 2	00:21:51.00	14:03	4.3mph	00:43:13.56
23	CHERIE DRAYMAN		F: 20	RUNNER	233	00:44:20.25	14:16	4.2mph	Overall Female Runner: 20	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:22:01.35	14:10	4.2mph	00:22:01.35
						Split 2	00:22:18.90	14:21	4.2mph	00:44:20.25
24	JESSICA MOULTON		F: 21	RUNNER	247	00:45:27.44	14:37	4.1mph	Overall Female Runner: 21	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:22:41.50	14:36	4.1mph	00:22:41.50
						Split 2	00:22:45.95	14:39	4.1mph	00:45:27.44
25	LORRY DELMOLINO		F: 22	RUNNER	262	00:48:52.23	15:43	3.8mph	Overall Female Runner: 22	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:24:56.56	16:03	3.7mph	00:24:56.56
						Split 2	00:23:55.67	15:24	3.9mph	00:48:52.23
26	KIMBERLEY TRIMARCHI		F: 23	RUNNER	261	00:48:52.94	15:44	3.8mph	Overall Female Runner: 23	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:24:56.17	16:03	3.7mph	00:24:56.17
						Split 2	00:23:56.78	15:24	3.9mph	00:48:52.94
27	JULIE LECH		F: 24	RUNNER	242	00:53:00.25	17:03	3.5mph	Overall Female Runner: 24	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:27:59.48	18:01	3.3mph	00:27:59.48
						Split 2	00:25:00.77	16:06	3.7mph	00:53:00.25
28	DIANA FISCU		F: 25	RUNNER	237	00:59:42.62	19:13	3.1mph	Overall Female Runner: 25	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:29:18.06	18:51	3.2mph	00:29:18.06
						Split 2	00:30:24.56	19:34	3.1mph	00:59:42.62
29	KATLYN BREITENBACH		F: 26	RUNNER	226	00:59:42.79	19:13	3.1mph	Overall Female Runner: 26	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:29:17.83	18:51	3.2mph	00:29:17.83
						Split 2	00:30:24.97	19:34	3.1mph	00:59:42.79
30	ELIZABETH PHOENIX		F: 27	RUNNER	252	00:59:43.47	19:13	3.1mph	Overall Female Runner: 27	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:29:17.46	18:51	3.2mph	00:29:17.46
						Split 2	00:30:26.01	19:35	3.1mph	00:59:43.47