Bust a Move 5K 2012 - 4/21/2012

Russell Sage College, Troy, NY

Rankings

Event 1 Mixed 1+ 5k Run RR

	Name	Age	Team	Finals	Points
Overall Results Women 5000 Run					
1	Miseno-Bowles, Kimberly	W41	Amsterdam, NY	21:20.0	
Overall Results Men 5000 Run					
1	Young, Eric	M20	Latham, NY	16:58.0	
1-14 Results - Women 5000 Run					
1	Loomis, Kayla	W11	Selkirk, NY	30:34.0	
15-19 Results - Women 5000 Run					
1	Sylvester, Danielle	W18	North Adams, MA	23:31.0	
2	Riordan, Laurel	W16	Ravena, NY	24:03.0	
3	Horodyski, Crystal	W18	Troy, NY	25:55.0	
4	Pratt, Martha	W18	North Adams, MA	26:08.0	
5	Weber, Chelsea	W19	Wynantskill, NY	26:58.0	
6	Capono, Marisa	W18	Unattached	27:11.0	
7	Gamari, Jessica	W19	North Adams, MA	28:00.0	
8	Coughlin, Caitlin	W18	Troy, NY	28:03.0	
9	Tetrault, Bailei	W18	Cohoes, NY	28:26.0	
10	Cooper, Shana	W18	Cohoes, NY	28:32.0	
11	Johnson, Kathryn	W19	North Adams, MA	29:17.0	
12	Fetzer, Amber	W19	Old Chatham, NY	30:35.0	
13	Belikov, Anastasia	W18	Troy, NY	31:26.0	
14	Bradshaw, Melissa	W18	Troy, NY	34:06.0	
15	LaClair, Christine	W16	Vernon, NY	36:32.0	
16	Spear, Renee	W19	Troy, NY	36:50.0	
17	Boucard, Victoria	W18	Richmond Hill, NY	38:35.0	
18	Shorter, Lydia	W18	Berlin, NY	40:45.0	
19	Montanaro, Shelbi	W18	Hagaman, NY	47:55.0	
20-29 Results - Women 5000 Run					
1	Eilliot, Amanda	W22	Clifton Park, NY	23:29.0	
2	Culver, Caitlin	W21	North Adams, MA	23:47.0	
3	Macrobbie, Meghan	W23	Nanuet, NY	23:49.0	
4	Sullivan, Kimberli	W23	Pearl River, NY	23:49.0	
5	Beaver, Lauren	W29	Watervliet, NY	24:12.0	
6	Bucci, Megan	W24	Clifton Park, NY	24:15.0	
7	Khan, Shereen	W26	Colonie, NY	24:16.0	
8	Abbott, Meghan	W22	Rensselaer, NY	24:18.0	
9	Lanoue, Taylor	W20	Troy, NY	24:45.0	
10	Bernhardt, Jenna	W27	Albany, NY	25:06.0	
11	Walsh, Elizabeth	W20	Troy, NY	25:22.0	
12	Riordan, Heather	W21	Ravena, NY	25:52.0	
13	Carnes, Sophie	W21	North Adams, MA	26:12.0	
14	Russell, Emily	W23	Unattached	27:05.0	
15	Wagner, Christina	W27	Latham, NY	27:25.0	
16	Galipeau, Brittany	W20	North Adams, MA	27:33.0	
17	Thurman, Erin	W27	Mechanicville, NY	28:45.0	
18	Degnan, Kaitlin	W26	Waterford, NY	28:49.0	
19	Bethea, Retina	W22	New York, NY	28:52.0	
20	Kurk, Jennifer	W29	Green Island, NY	29:07.0	
21	Bissell, Courtney	W25	Unattached	29:08.0	
22	Amenta, Haley	W20	North Adams, MA	29:17.0	
23	Banks, Lauren	W27	Albany, NY	29:43.0	
24	Tesar, Jennifer	W21	Troy, NY	29:47.0	
25	Deiana, Kara	W25	Slingerlands, NY	29:57.0	
26	Raney, Karyn	W26	Schenectady, NY	30:00.0	

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27	Bruce, Amanda	W25	Altamont, NY	30:09.0
28	Snyder, Casey	W24	Albany, NY	30:19.0
29	Powers, Karla	W28	Troy, NY	30:35.0
30	Forgea, Laura	W26	Rensselaer, NY	30:36.0
31	McAulay, Heather	W25	Dobbs Ferry, NY	30:56.0
32	Mackenzie, Joanna	W24	Watervliet, NY	30:59.0
33	Malin, Anna	W23	Acra, NY	31:05.0
34	Mendoza, Desiree	W23	Chittenango, NY	31:10.0
35	Laskoski, Alicia	W28	Latham, NY	31:15.0
36	Fashho, Rana	W25	Clifton Park, NY	32:29.0
37	Palowski, Brittany	W21	Esperance, NY	32:34.0
38	Farrales, Nicole	W22	Parsippany, NY	32:54.0
39	Farrales, Charlene	W24	Parsippany, NY	33:06.0
40	Bradshaw, jessica	W24	Menands, NY	34:01.0
41	Jurbala, Breanne	W22	Pine Bush, NY	34:49.0
42	Maguire, Kimberly	W28	Cohoes, NY	34:54.0
43	Griswold, Trisha	W27	Unattached	35:11.0
44	Gaylo, Ana	W22	Buskirk, NY	36:26.0
45	LaClair, Rachel	W21	Vernon, NY	36:46.0
46	Andonaire-Salazar, Maria	W26	Troy, NY	37:16.0
47	Smead, Kate	W23	Rensselaer, NY	37:23.0
48	Trong, Jessica	W25	Troy, NY	37:53.0
49	Martin, Andrea	W26	Unattached	39:20.0
50	Ryan, Danielle	W24	Latham, NY	39:51.0
51	Walls, Colleen	W21	Averill Park, NY	40:58.0
52	DeNobile, Courtney	W27	Troy, NY	40:59.0
53	Lawton, Heather	W25	Clifton Park, NY	41:00.0
54	Griswold, Kayla	W23	Stephentown, NY	41:14.0
55	Nunez, Tiffany	W28	Ballston Spa, NY	41:20.0
56	Engel, Emily	W26	Schenectady, NY	41:28.0
57	Kitler, Debbie	W26	Schenectady, NY	41:28.0
58	Frawley, Katie	W22	Kings Park, NY	41:40.0
59	Oliver, Brittany	W21	Troy, NY	42:36.0
60	McGrath, April	W20	Laurens, NY	43:43.0
61	Nurre, Sarah	W27	Troy, NY	43:55.0
62	Lloyd, Cassandra	W21	Middleburgh, NY	47:19.0
63	Stephens, Shayla	W22	Middleburgh, NY	47:19.0
64	Anderson, Sara	W21	Troy, NY	54:10.0
65	Weaver, Stephanie	W27	Latham, NY	54:39.0

30-39 Results - Women 5000 Run

1	Webster, Deanne	W36	Albany, NY	21:52.0
2	Maslowsky, Danielle	W33	Clifton Park, NY	22:40.0
3	Murray, Colleen	W38	Loudonville, NY	22:52.0
4	Greco-Baron, Megan	W37	Rensselaer, NY	26:59.0
5	noyes, Danielle	W33	Schenectady, NY	28:20.0
6	Johnas, Tracey	W36	Troy, NY	28:43.0
7	Hedges, Amy	W33	Delmar, NY	28:54.0
8	Prior, Laura	W30	East Berne, NY	28:56.0
9	Higgins, Kelly	W34	Latham, NY	29:43.0
10	Higgins, Kimberly	W31	Cohoes, NY	29:51.0
11	Bassarab, Kristy	W32	Keene, NY	30:24.0
12	Maguire, Jessica	W33	Loudonville, NY	32:18.0
13	Scoville, Katherine	W33	Colonie, NY	32:51.0
14	Loomis, Stefanie	W34	Selkirk, NY	33:09.0
15	Kilmer, Kristin	W30	Brunswick, NY	33:51.0

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16	Wright, Amanda	W31	Troy, NY	33:54.0
17	O'Connors, Jen	W35	Unattached	33:55.0
18	Milligan, Heather	W32	Albany, NY	35:38.0
19	Tokarz, Christine	W35	London, OH	36:25.0
20	Carey, Megan	W33	Watervliet, NY	37:06.0
21	Reinhart, Donna	W38	Waterford, NY	37:24.0
22	Smith, Erin	W34	East Greenbush, NY	38:26.0
23	Thomas, Erin	W32	Schenectady, NY	39:31.0
24	Campbell, Francine	W34	Latham, NY	39:57.0
25	Adhikari, Christina	W33	Ballston Spa, NY	42:19.0
26	Schuster, Tara	W36	Troy, NY	46:19.0
27	Knepp, Carrie	W34	Latham, NY	52:37.0
28	McAnbee, Kimberly	W36	Buskirk, NY	58:32.0

40-49 Results - Women 5000 Run

1	Ibbetson, Many	W43	Selkeik, NY	23:47.0
2	Lennon, Brenda	W46	Troy, NY	24:14.0
3	Gerst, Ingrid	W42	Clifton Park, NY	24:19.0
4	Rufo, Lisa	W42	Rensselaer, NY	27:00.0
5	VonHaugg, Susan	W45	Altamont, NY	28:35.0
6	Birdsinger, Danielle	W44	Troy, NY	28:38.0
7	Strada, Kristine	W44	Delmar, NY	29:04.0
8	Bishop, Debra	W47	Queesbury, NY	30:56.0
9	Button, Regina	W49	Troy, NY	30:57.0
10	Sheingold, Kathryn	W42	Delmar, NY	31:28.0
11	Murphy, Susan	W46	Altamont, NY	33:06.0
12	Sherwin, Renee	W40	Altamont, NY	33:10.0
13	Muller, Beth	W49	Troy, NY	34:07.0
14	Behuniak, Kathryn	W47	Latham, NY	37:25.0
15	Johnston, Michele	W40	Troy, NY	37:47.0
16	Burns, Ann	W46	Latham, NY	41:52.0
17	McGuire, Peggy	W46	Bethel, CT	44:55.0
18	Salerno, Donna	W40	Niskayuna, NY	47:34.0
19	Montanaro, Alicia	W43	Hagaman, NY	47:58.0
20	Fisher, Brenda	W41	Latham, NY	48:16.0
21	Reinhart, Kim	W47	Troy, NY	54:15.0
22	Carr, Donna	W46	West Sand Lake, NY	54:39.0

50-59 Results - Women 5000 Run

1	Rathjens, Janet	W51	Delmar, NY	29:03.0
2	Tedesco, Linda Ann	W52	Schenectady, NY	29:44.0
3	Bender, Barbara	W57	Troy, NY	29:49.0
4	Grab, Anne	W51	Troy, NY	32:35.0
5	Pericak, Arlene	W55	Latham, NY	34:20.0
6	Tokarz, Rose	W57	Melrose, NY	35:44.0
7	Dillon, Lisa	W55	Clifton Park, NY	38:46.0
8	Nardini, Lisa	W50	Latham, NY	47:31.0
9	Duell, Stephanie	W52	Schenectady, NY	48:08.0
10	Spencer, Diana	W52	Waterford, NY	54:18.0

60-69 Results - Women 5000 Run

1	Johnston, Nancy	W66	Ballston Lake, NY	34:08.0
2	Carpenter, Alice	W61	Delmar, NY	35:23.0
3	Tremont, Jacqueline	W61	Averill Park, NY	35:25.0
4	Kent, Linda Ann	W62	Troy, NY	54:12.0

1-14 Results - Men 5000 Run

1	Everard, Jdavid	M10	Hudson Falls, NY	22:05.0
2	Burns, Dan	M10	Latham, NY	31:59.0

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15-19 Results - Men 5000 Run

1	Williams, Hayden	M18	Troy, NY	18:26.0
2	VanBebber, James	M18	Unattached	19:07.0
3	Yager, Cole	M19	Troy, NY	19:35.0
4	Moll, Atticus	M19	Troy, NY	19:59.0
5	Monaco, Matthew	M19	Huntsville, AL	20:05.0
6	Vasquez-Lopez, Jesus	M19	Latham, NY	21:23.0
7	Grab, Anthony	M15	Troy, NY	21:40.0
8	Preuit, William	M18	Harpers Ferry, NY	21:43.0
9	Schultz, Derek	M19	Troy, NY	21:45.0
10	Sullivan, Sean	M19	Troy, NY	22:16.0
11	James, Orrin	M19	Albany, NY	22:50.0
12	Wyatt, Jonathan	M18	Troy, NY	22:57.0
13	Pak, Theodore	M19	Troy, NY	23:18.0
14	Braun, Jake	M19	Troy, NY	25:54.0
15	Birdsinger, Benjamin	M15	Troy, NY	29:29.0
16	Nieminski, Joshua	M16	Esperance, NY	30:23.0

20-29 Results - Men 5000 Run

1	Scott, Kahlil	M21	Cohoes, NY	18:26.3
2	Hayes, Jeff	M28	Troy, NY	18:55.0
3	Bodington, Dash	M20	Troy, NY	19:14.0
4	Soloman, Mesfin	M23	Albany, NY	19:46.0
5	Letts, Jason	M28	Williamstown, MA	20:00.0
6	Bennett, Stephen	M20	Hershey, PA	20:08.0
7	Fontana, Stefand	M23	Troy, NY	20:29.0
8	Sobkowich, Rob	M21	Troy, NY	20:56.0
9	Franklin, Devin	M24	Menands, NY	21:43.0
10	Snyder, Michael	M21	Troy, NY	21:58.0
11	Nieminski, Justin	M21	Esperance, NY	22:50.0
12	Bunnell, Jonathan	M27	Ravena, NY	22:56.0
13	Johnson, Greg	M28	Middle Grove, NY	22:58.0
14	Johnas, Kevin	M26	Troy, NY	23:09.0
15	Thierry, Brennan	M21	Troy, NY	23:16.0
16	Fulton, Benjamin	M20	Troy, NY	23:17.0
17	Kriley, Andrew	M20	Troy, NY	24:54.0
18	Kong, Harrison	M20	Ossining, NY	24:55.0
19	Hewitt, Joshua	M23	Albany, NY	25:22.0
20	Desimone, Dylan	M24	Cohoes, NY	25:44.0
21	Scacco, Christopher	M25	Boonton, NJ	25:47.0
22	Szewczyk, Camil	M24	Troy, NY	26:07.0
23	Robillard, Chad	M23	Swansea, MA	26:56.0
24	Luken, Cery	M29	Choes, NY	27:07.0
25	Madden, Thomas	M24	Cohoes, NY	27:07.0
26	Daley, Timothy	M26	Troy, NY	28:40.0
27	Lowen, Matthew	M26	Waterford, NY	30:27.0
28	Perlstein, Alexander	M22	Lake Hiawatha, NJ	31:53.0
29	Koyon, Joseph Jr	M29	Watervliet, NY	32:27.0
30	Coleman, Matthew	M26	Latham, NY	33:06.0
31	Nieminski, Joseph	M24	Averill Park, NY	33:15.0
32	Falkenstein, Andrew	M25	Slingerlands, NY	35:00.0
33	Ellis, Rex	M26	Clifton Park, NY	36:47.0
34	DeMarco, Dave	M26	Troy, NY	37:55.0
35	Hefferman, John	M29	Albany, NY	38:35.0
36	Bennice, Stephen	M28	Latham, NY	39:40.0
37	Fatato, John	M29	Schenectady, NY	39:51.0

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38	Schlierman, Paul	M25	Worcester, NY	43:43.0

30-39 Results - Men 5000 Run

1	Gracey, Daniel	M34	Albany, NY	19:26.0
2	Spencer, Jeff	M32	E. Greenbush, NY	21:18.0
3	Secor, Douglas	M32	Scotia, NY	21:38.0
4	Architzel, Howie	M35	Troy, NY	22:31.0
5	Mascaren, Craks	M32	Clifton Park, NY	24:36.0
6	Loomis, Mike	M36	Selkirk, NY	26:10.0
7	Wallace, Drue	M37	Schenectady, NY	26:16.0
8	Breslin, Michael	M36	Albany, NY	26:18.0
9	Pfoltzer, Aaron	M31	Unattached	27:58.0
10	Scanni, Michael	M38	Selkirk, NY	28:09.0
11	Adhikari, Diwas	M38	Ballston Spa, NY	33:37.0
12	Nunez, Randy	M30	Unattached	40:18.0
13	Waterhouse, Michael	M31	Clifton Park, NY	41:02.0

40-49 Results - Men 5000 Run

1	Birdsinger, Peter	M48	Troy, NY	19:42.0
2	Neal, Matt	M43	Waterford, NY	21:27.0
3	Readdean, Kevin	M42	Schenectady, NY	24:25.0
4	Montanaro, Stephen	M46	Hagaman, NY	24:59.0
5	Sullivan, Mark	M46	Niskayuna, NY	25:25.0
6	Pantea, Crisian	M44	Clifton Park, NY	26:46.0
7	Sheingold, Nelson	M42	Delmar, NY	26:57.0
8	Foulks, Robert	M43	Albany, NY	28:36.0
9	Daley, William Jr	M44	Watervliet, NY	35:27.0
10	Nieminski, Joseph Sr	M49	Esperance, NY	37:40.0

50-59 Results - Men 5000 Run

1	Patrick, Martin	M58	East Greenbush, NY	21:24.0
2	Denio, Paul	M50	Troy, NY	21:43.0
3	O'Neill, T	M55	Albany, NY	24:40.0
4	Brainard, Mark	M56	Fort Edward, NY	26:04.0
5	Abbott, Edward	M51	Ballston Spa, NY	26:16.0
6	Matthews, John	M55	Latham, NY	28:44.0
7	Grab, Tony	M52	Troy, NY	30:44.0
8	Groves, William	M53	Gilboa, NY	31:09.0

60-69 Results - Men 5000 Run

1	Goyette, John	M63	Bennington, VT	23:09.0
2	Harris, Frank	M61	Troy, NY	28:33.0

70-79 Results - Men 5000 Run

1	Kelly, Joe	M78	Menands, NY	34:16.0
2	Glasheen, Richard	M70	Troy, NY	37:56.0
3	McBain, Donald	M79	Troy, NY	43:39.0