

Grand Island Sunset 10k

Race Date
September 30, 2022

Overall Finish List

10k Race

Place						-----	1st Half	-----	-----	2nd Half	-----	-----	Total	-----		Chip
Overall	Name	Bib No	Age	Gnd	AG Place	Rank	Time	Pace	Rank	Time	Pace	Chip Time	Gun Time	Pace	Diff	
123	Diana Aga	2	55	F	2 55-59	104	30:15.5	9:46	130	34:06.8	11:00	1:04:22.3	1:04:31.7	10:22/M	0:09.4	
124	Pamela Abantao	1	42	F	9 40-44	105	30:16.0	9:46	131	34:07.5	11:01	1:04:23.6	1:04:32.7	10:22/M	0:09.1	
125	Loren Jones	97	72	M	4 70-74	117	31:21.2	10:07	126	33:15.6	10:44	1:04:36.9	1:04:44.7	10:24/M	0:07.8	
126	Terri Sica	172	53	F	6 50-54	119	31:28.8	10:09	127	33:25.9	10:47	1:04:54.8	1:05:10.6	10:27/M	0:15.8	
127	Amy Koppmann	111	47	F	7 45-49	143	35:55.6	11:35	95	29:32.4	9:32	1:05:28.0	1:05:40.1	10:33/M	0:12.0	
128	Ann More	135	60	F	6 60-64	115	31:04.5	10:01	136	34:39.9	11:11	1:05:44.4	1:05:52.3	10:35/M	0:07.9	
129	Kimberly Potwora	150	52	F	7 50-54	133	33:05.7	10:41	123	32:44.1	10:34	1:05:49.9	1:06:01.1	10:36/M	0:11.2	
130	Judy Hagan	87	72	F	1 70-74	132	33:05.6	10:41	124	32:50.7	10:36	1:05:56.3	1:06:07.4	10:37/M	0:11.0	
131	Tatyana Manzik	123	32	F	12 30-34	131	33:05.3	10:40	129	33:42.4	10:52	1:06:47.7	1:07:05.6	10:45/M	0:17.8	
132	Laurie Haug	89	49	F	8 45-49	139	33:55.4	10:57	125	32:53.0	10:36	1:06:48.5	1:07:02.3	10:45/M	0:13.8	
133	Ioannis Skoumpris	174	54	M	6 50-54	134	33:21.8	10:46	128	33:41.9	10:52	1:07:03.7	1:07:22.5	10:48/M	0:18.7	
134	Kennedy George	76	24	F	1 20-24	125	32:13.0	10:24	140	34:52.5	11:15	1:07:05.5	1:07:19.5	10:48/M	0:13.9	
135	Sara Bernat	16	50	F	8 50-54	130	33:04.9	10:40	133	34:12.2	11:02	1:07:17.1	1:07:33.5	10:50/M	0:16.4	
136	Mac Mackenzie	121	79	F	1 75-79	128	32:56.6	10:38	139	34:51.1	11:15	1:07:47.8	1:07:53.5	10:55/M	0:05.7	
137	Susan Kelley	101	53	F	9 50-54	135	33:21.9	10:46	134	34:30.2	11:08	1:07:52.1	1:08:06.2	10:56/M	0:14.1	
138	Jaclyn Alfano	3	43	F	10 40-44	137	33:43.2	10:53	132	34:09.6	11:01	1:07:52.8	1:08:09.8	10:56/M	0:16.9	
139	James Smigelski	175	73	M	5 70-74	138	33:44.4	10:53	135	34:32.9	11:09	1:08:17.4	1:08:36.0	11:00/M	0:18.6	
140	Thomas Bavaro	13	28	M	2 25-29	126	32:26.0	10:28	145	35:54.7	11:35	1:08:20.7	1:08:36.2	11:00/M	0:15.4	
141	Joseph Kielb	102	65	M	11 65-69	136	33:42.9	10:53	142	35:47.9	11:33	1:09:30.8	1:09:43.0	11:12/M	0:12.1	
142	Antoinette Brewer	26	45	F	9 45-49	140	35:10.4	11:21	137	34:44.5	11:12	1:09:55.0	1:10:16.4	11:16/M	0:21.3	
143	Linda Gerbec	77	74	F	2 70-74	142	35:55.1	11:35	138	34:48.4	11:14	1:10:43.6	1:10:56.3	11:23/M	0:12.7	
144	Josephine Howard	94	47	F	10 45-49	150	36:21.5	11:44	141	35:07.2	11:20	1:11:28.7	1:11:50.3	11:31/M	0:21.5	
145	Suzanne Hitchcock	93	64	F	7 60-64	146	36:03.0	11:38	143	35:50.6	11:34	1:11:53.6	1:12:06.3	11:35/M	0:12.6	
146	Liesma Morris	137	64	F	8 60-64	141	35:50.8	11:34	148	36:20.7	11:43	1:12:11.6	1:12:27.6	11:38/M	0:15.9	
147	Amy Barg	9	42	F	11 40-44	149	36:21.3	11:44	144	35:53.3	11:35	1:12:14.6	1:12:36.5	11:38/M	0:21.8	
148	Heather	178	42	F	12 40-44	145	35:57.7	11:36	147	36:20.6	11:43	1:12:18.4	1:12:38.0	11:39/M	0:19.6	
149	Andrea Alvarez	4	35	F	13 35-39	152	36:25.9	11:45	146	36:20.4	11:43	1:12:46.4	1:13:00.0	11:43/M	0:13.5	
150	James Morris	136	63	M	8 60-64	151	36:24.6	11:45	150	36:39.5	11:50	1:13:04.1	1:13:21.0	11:46/M	0:16.8	
151	Paula Leszak	115	63	F	9 60-64	155	37:27.5	12:05	149	36:38.5	11:49	1:14:06.0	1:14:15.0	11:56/M	0:08.9	
152	Megan Coder	45	27	F	4 25-29	153	36:43.9	11:51	151	37:37.1	12:08	1:14:21.0	1:14:41.5	11:58/M	0:20.5	
153	Cadence Sanacore	162	11	F	2 1-19	148	36:17.1	11:42	154	40:25.2	13:02	1:16:42.4	1:17:00.5	12:21/M	0:18.1	
154	Wendy Sanacore	163	41	F	13 40-44	147	36:17.1	11:42	155	40:25.5	13:02	1:16:42.7	1:17:00.8	12:21/M	0:18.1	
155	Laura Delaney	52	43	F	14 40-44	158	37:51.4	12:13	152	39:25.7	12:43	1:17:17.2	1:17:29.2	12:27/M	0:12.0	
156	Jamie Riemann	157	36	F	14 35-39	157	37:50.8	12:13	153	39:40.6	12:48	1:17:31.5	1:17:48.9	12:29/M	0:17.3	
157	Jeanie Mattina	127	46	F	11 45-49	144	35:57.0	11:36	159	41:46.3	13:29	1:17:43.4	1:17:58.2	12:31/M	0:14.7	
158	Steven Caprow	40	72	M	6 70-74	154	37:25.1	12:04	158	41:24.1	13:21	1:18:49.3	1:19:00.1	12:42/M	0:10.8	
159	Ginny Schwallie	167	71	F	3 70-74	156	37:46.2	12:11	160	41:46.8	13:29	1:19:33.0	1:19:46.4	12:49/M	0:13.3	
160	Lisa Dudley	60	58	F	3 55-59	159	40:07.6	12:57	157	40:40.2	13:07	1:20:47.8	1:21:06.0	13:01/M	0:18.1	
161	Allie Mikolajek	131	32	F	13 30-34	160	40:14.6	12:59	161	42:46.2	13:48	1:23:00.9	1:23:11.3	13:22/M	0:10.4	
162	Rachel Styn	184	51	F	10 50-54	161	40:43.0	13:08	162	43:53.1	14:09	1:24:36.1	1:24:53.3	13:37/M	0:17.2	
163	Alberto Martinez	124	47	M	6 45-49	162	44:06.1	14:14	156	40:34.0	13:05	1:24:40.2	1:24:54.0	13:38/M	0:13.8	
164	John Baun	11	76	M	3 75-79	163	44:21.9	14:19	164	45:50.0	14:47	1:30:11.9	1:30:34.1	14:31/M	0:22.1	
165	Mt Baun	12	69	F	2 65-69	164	44:29.7	14:21	163	45:43.2	14:45	1:30:13.0	1:30:33.6	14:32/M	0:20.6	
166	John Leszak	114	65	M	12 65-69	165	45:00.5	14:31	166	47:57.5	15:28	1:32:58.1	1:33:15.0	14:58/M	0:16.9	
167	Fran Rowe	161	82	F	1 80-99	166	45:10.6	14:34	167	47:59.4	15:29	1:33:10.1	1:33:17.9	15:00/M	0:07.7	
168	Ann Riegelmayr	155	56	F	4 55-59	167	48:10.9	15:33	168	48:16.1	15:34	1:36:27.0	1:36:42.3	15:32/M	0:15.2	