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19th Annual Foot Health 5K

Derry, NH, May 1, 2010

[\[Overall Winners\]](#) | [\[Age Group Winners\]](#) | [\[NHGP Age Group Scoring Results\]](#) | [\[NHGP Team Scoring Results\]](#) | [\[NHGP Age Grade Overall Results\]](#) | [\[NHGP Age Grade Male Results\]](#) | [\[NHGP Age Grade Female Results\]](#)

Overall Results

19th ANNUAL FOOT HEALTH 5K
1 MAY 2010

***** OVERALL RESULTS *****

RESULTS BY NEW ENGLAND TIMING

Place	Bib#	Name	G	Age	City	St	Div/Tot	Div	Gen/Tot	G	Club	Time	Pace
1	153	Michael Quintal	M	32			1/13	M30-39	1/106	M		00:16:22	5:17
2	94	Richard Smith	M	40	ENFIELD	NH	1/33	M40-49	2/106	M	GCS	00:16:35	5:21
3	42	Mike Giberti	M	18	DERRY	NH	1/22	M29&UND	3/106	M	GDTC	00:17:00	5:29
4	143	Craig Fram	M	51	PLAISTOW	NH	1/21	M50-59	4/106	M		00:17:29	5:39
5	136	Jimmie Cochran	M	35	SANDOWN	NH	2/13	M30-39	5/106	M	GDTC	00:17:32	5:40
6	154	Chris Apkarian	M	20			2/22	M29&UND	6/106	M	GSRT	00:17:45	5:44
7	171	Charlie Gunn	M	55			2/21	M50-59	7/106	M	GSRT	00:17:51	5:46
8	142	Craig Fram Jr	M	17	PLAISTOW	NH	3/22	M29&UND	8/106	M		00:18:18	5:54
9	123	Brent Richardson	M	44	CHESTER	NH	2/33	M40-49	9/106	M	GDTC	00:18:19	5:55
10	173	John Stanzel	M	48			3/33	M40-49	10/106	M	AA	00:18:22	5:56
11	193	Stephen Stanley	M	42			4/33	M40-49	11/106	M	GDTC	00:18:30	5:58
12	101	Tom Varick	M	45	LITCHFIELD	NH	5/33	M40-49	12/106	M	GDTC	00:18:31	5:59
13	149	Denis Tranchemontagne	M	40			6/33	M40-49	13/106	M	GCS	00:18:38	6:01
14	103	Michael Wade	M	41	NASHUA	NH	1/27	F40-49	14/106	M	GCS	00:18:53	6:06
15	9	Charlie Bemis	M	47	DERRY	NH	7/33	M40-49	15/106	M	GDTC	00:19:06	6:10
16	165	Steve Tomasi	M	52			3/21	M50-59	16/106	M	GCS	00:19:25	6:16
17	156	Chris Poulos	M	36			3/13	M30-39	17/106	M	GCS	00:19:25	6:16
18	147	Tom Osmer	M	31	CANTEBURY	NH	4/13	M30-39	18/106	M	GSRT	00:19:38	6:20
19	71	John McGarry	M	43	WINDHAM	NH	8/33	M40-49	19/106	M	GDTC	00:19:44	6:22
20	115	Carl Hefflefinger	M	50	AMHERST	NH	4/21	M50-59	20/106	M	GCS	00:19:49	6:24
21	22	Kevin Coyle	M	20	SALEM	NH	4/22	M29&UND	21/106	M	GDTC	00:19:52	6:25
22	14	Dana Breeden	M	23	DERRY	NH	5/22	M29&UND	22/106	M	GDTC	00:19:56	6:26
23	81	James Peters	M	53	DERRY	NH	5/21	M50-59	23/106	M	GDTC	00:20:04	6:29
24	132	Paul Lindsay	M	62	NORTHWOOD	NH	1/12	M60-69	24/106	M	RR	00:20:04	6:29
25	90	Perry Seagroves	M	57	CONCORD	NH	6/21	M50-59	25/106	M	GSRT	00:20:09	6:30
26	137	Rueben Partlon	M	49	HOPKINTON	NH	9/33	M40-49	26/106	M		00:20:12	6:31
27	150	Doug Briere	M	30			5/13	M30-39	27/106	M		00:20:14	6:32
28	76	Rebecca Noe	F	35	DERRY	NH	1/27	F30-39	1/80	F	GDTC	00:20:15	6:32
29	111	Scott Jones	M	18	BEDFORD	NH	6/22	M29&UND	28/106	M	GDTC	00:20:16	6:33
30	159	Scott Morrison	M	49			10/33	M40-49	29/106	M	GSRT	00:20:21	6:34
31	45	Paul Hughes	M	55	CHELMSFORD	MA	7/21	M50-59	30/106	M	GCS	00:20:21	6:34
32	1	Scott Abercrombie	M	60	SALEM	NH	2/12	M60-69	31/106	M	GDTC	00:20:23	6:35
33	155	Paul Camire	M	50			8/21	M50-59	32/106	M	AA	00:20:25	6:35
34	152	Ann Rasmussen	F	45			2/27	F40-49	2/80	F	GSRT	00:20:34	6:38
35	21	Sean Coyle	M	46	SALEM	NH	11/33	M40-49	33/106	M	GDTC	00:20:37	6:40
36	168	Daniel Bunken	M	27			7/22	M29&UND	34/106	M	GSRT	00:20:40	6:40
37	300	Matthew Raylinsky	M	32			6/13	M30-39	35/106	M		00:20:42	6:41
38	197	Jim Hansen	M	51			9/21	M50-59	36/106	M	GCS	00:20:45	6:42
39	134	Mike Smyth	M	50	MANCHESTER	NH	10/21	M50-59	37/106	M	GDTC	00:20:46	6:42
40	46	Sanjay Kadariya	M	17	MANCHESTER	NH	8/22	M29&UND	38/106	M	GDTC	00:20:46	6:42
41	63	Mark Lutter	M	49	HUDSON	NH	12/33	M40-49	39/106	M	GDTC	00:20:47	6:43
42	114	Tom Kolb	M	54	MERRIMACK	NH	11/21	M50-59	40/106	M	GCS	00:20:49	6:43
43	185	Mark Iorio	M	33			7/13	M30-39	41/106	M		00:21:02	6:47
44	162	Daniel Walsh	M	55			12/21	M50-59	42/106	M	GSRT	00:21:04	6:48
45	53	Tom Koch	M	50	DERRY	NH	13/21	M50-59	43/106	M	GDTC	00:21:11	6:50
46	30	Nancy Druke	F	44	CANTERBURY	NH	3/27	F40-49	3/80	F	GSRT	00:21:21	6:54
47	141	Sarah Hensiek	F	18	HAMPSTEAD	NH	1/9	F29&UND	4/80	F	GDTC	00:21:24	6:55

48	74	Robert Nevin	M	46	DERRY	NH	13/33	M40-49	44/106	M	00:21:27	6:55
49	12	Steve Bioren	M	43	LONDONDERRY	NH	14/33	M40-49	45/106	M	00:21:45	7:01
50	89	David Salois	M	41	SANDWOWN	NH	15/33	M40-49	46/106	M GDTC	00:21:46	7:02

Page 2

19th ANNUAL FOOT HEALTH 5K
1 MAY 2010

***** OVERALL RESULTS *****

RESULTS BY NEW ENGLAND TIMING

Place	Bib#	Name	G	Age	City	St	Div/Tot	Div	Gen/Tot	G	Club	Time	Pace
51	161	Stephen Lee	M	46			16/33	M40-49	47/106	M	GSRT	00:21:47	7:02
52	122	Jim Belanger	M	39	LONDONDERRY	NH	8/13	M30-39	48/106	M	GDTC	00:21:47	7:02
53	10	Mike Berry	M	34	HOOKSETT	NH	9/13	M30-39	49/106	M		00:21:49	7:03
54	126	Robert Parent	M	53	MANCHESTER	NH	14/21	M50-59	50/106	M	GDTC	00:21:51	7:03
55	189	Mark Morrisette	M	44			17/33	M40-49	51/106	M	AA	00:21:59	7:06
56	109	Bob Dolan	M	49	MANCHESTER	NH	18/33	M40-49	52/106	M	GDTC	00:22:09	7:09
57	4	Dana Aylward	M	15	ATKINSON	NH	9/22	M29&UND	53/106	M		00:22:10	7:09
58	144	Jules Spill	M	52	MANCHESTER	NH	15/21	M50-59	54/106	M	AA	00:22:10	7:09
59	37	Lynn-Marie Fawcett	F	54	CHESTER	NH	1/13	F50-59	5/80	F	GDTC	00:22:15	7:11
60	82	William Peters	M	47	MANCHESTER	NH	19/33	M40-49	55/106	M	AA	00:22:22	7:13
61	91	Keith Silva	M	51	DERRY	NH	16/21	M50-59	56/106	M	GDTC	00:22:30	7:16
62	18	Joe Carroll	M	60	LONDONDERRY	MA	3/12	M60-69	57/106	M	GDTC	00:22:37	7:18
63	27	Andrew Davy	M	15	DERRY	NH	10/22	M29&UND	58/106	M		00:22:38	7:18
64	129	Andrea Peterson	F	40	RAYMOND	NH	4/27	F40-49	6/80	F	GDTC	00:22:47	7:21
65	182	Jacob Rowell	M	13			11/22	M29&UND	59/106	M	GDTC	00:22:57	7:24
66	120	Vickie Kalil	F	48	MANCHESTER	NH	5/27	F40-49	7/80	F	GDTC	00:23:00	7:26
67	151	Richard Doyle	M	62			4/12	M60-69	60/106	M	GCS	00:23:05	7:27
68	29	Amy Doyle	F	35	MERRIMACK	NH	2/27	F30-39	8/80	F	GCS	00:23:11	7:29
69	38	Alison Findon	F	38	ENFIELD	NH	3/27	F30-39	9/80	F	GCS	00:23:19	7:32
70	52	Robert Knight	M	65	HOPKINTON	NH	5/12	M60-69	61/106	M	GSRT	00:23:35	7:37
71	175	Hannah Cooper	F	13			2/9	F29&UND	10/80	F		00:23:37	7:37
72	80	Barry Pearson	M	66	CHELMSFORD	MA	6/12	M60-69	62/106	M		00:23:43	7:39
73	3	Lori Ashworth	F	33	WINDHAM	NH	4/27	F30-39	11/80	F		00:23:53	7:43
74	62	Linda Lutter	F	56	HUDSON	NH	2/13	F50-59	12/80	F	GDTC	00:24:15	7:50
75	160	Wayne Brake	M	41			20/33	M40-49	63/106	M		00:24:17	7:50
76	130	Renee Maxwell	F	42	LONDONDERRY	NH	6/27	F40-49	13/80	F	GDTC	00:24:26	7:53
77	107	Lynn Wiles	M	54	LONDONDERRY	NH	17/21	M50-59	64/106	M	GDTC	00:24:27	7:54
78	7	Suzanne Barker	F	39	AMHERST	NH	5/27	F30-39	14/80	F	GCS	00:24:42	7:58
79	57	Van Laventure	M	42	CHESTER	NH	21/33	M40-49	65/106	M		00:24:51	8:01
80	140	Jason Dimaggio	M	40	HOOKSETT	NH	22/33	M40-49	66/106	M		00:24:53	8:02
81	20	Thomas Conley	M	56	NASHUA	NH	18/21	M50-59	67/106	M	GCS	00:24:59	8:04
82	60	Robert Lord	M	48	NASHUA	NH	23/33	M40-49	68/106	M	GCS	00:25:07	8:06
83	135	Kathie Roy	F	51	MERRIMACK	NH	3/13	F50-59	15/80	F	GCS	00:25:11	8:08
84	47	Debra Kenney	F	54	SALEM	NH	4/13	F50-59	16/80	F	GDTC	00:25:15	8:09
85	98	Lucien Trudeau	M	69	MANCHESTER	NH	7/12	M60-69	69/106	M	AA	00:25:17	8:10
86	184	Scott Spaulding	M	33			10/13	M30-39	70/106	M		00:25:17	8:10
87	174	Donna Cooper	F	43			7/27	F40-49	17/80	F		00:25:22	8:11
88	139	Robin Rocha	F	56	MERRIMACK	NH	5/13	F50-59	18/80	F	GCS	00:25:23	8:12
89	36	Eric Faudskar	M	35	MANCHESTER	NH	11/13	M30-39	71/106	M		00:25:34	8:15
90	119	Marci Dutton	F	49	NO. SALEM	NH	8/27	F40-49	19/80	F		00:25:38	8:17
91	83	Jake Renke	M	15	LONDONDERRY	NH	12/22	M29&UND	72/106	M		00:25:39	8:17
92	85	Trever Creed	M	15	LONDONDERRY	NH	13/22	M29&UND	73/106	M		00:25:41	8:17
93	51	Patrick Knepp	M	21	LONDONDERRY	NH	14/22	M29&UND	74/106	M	GDTC	00:25:49	8:20
94	77	Bradley Osgood	M	44	LONDONDERRY	NH	24/33	M40-49	75/106	M		00:25:50	8:20
95	6	Sean Aylward	M	41	ATKINSON	NH	25/33	M40-49	76/106	M		00:25:50	8:20
96	48	Robert Knepp	M	56	LONDONDERRY	NH	19/21	M50-59	77/106	M	GDTC	00:25:55	8:22
97	190	Christine Rosenwasser	F	41			9/27	F40-49	20/80	F		00:26:02	8:24
98	188	Heather Moher	F	31			6/27	F30-39	21/80	F		00:26:05	8:25
99	124	William Reid	M	44			26/33	M40-49	78/106	M		00:26:06	8:25
100	73	Stacy Mix	F	33	DERRY	NH	7/27	F30-39	22/80	F		00:26:27	8:32

Page 3

19th ANNUAL FOOT HEALTH 5K
1 MAY 2010

***** OVERALL RESULTS *****

RESULTS BY NEW ENGLAND TIMING

Place	Bib#	Name	G	Age	City	St	Div/Tot	Div	Gen/Tot	G Club	Time	Pace
101	157	Stacy Beaudoin	F	29			3/9	F29&UND	23/80	F GCS	00:26:30	8:33
102	39	Debra Fortier	F	56	CONCORD	NH	6/13	F50-59	24/80	F GSRT	00:26:34	8:35
103	196	Nicholas Caron	M	27			15/22	M29&UND	79/106	M	00:26:39	8:36
104	127	Debbie Anshewitz	F	42			10/27	F40-49	25/80	F	00:26:53	8:41
105	66	Linda Madden	F	59	NASHUA	NH	7/13	F50-59	26/80	F GCS	00:27:00	8:43
106	179	Cindy McNally	F	50			8/13	F50-59	27/80	F	00:27:04	8:44
107	128	Holly Webster	F	15	CANDIA	NH	4/9	F29&UND	28/80	F GDTC	00:27:04	8:44
108	125	Ryan Reid	M	13			16/22	M29&UND	80/106	M	00:27:23	8:50
109	58	Matt Leavitt	M	40	LONDONDERRY	NH	27/33	M40-49	81/106	M	00:27:24	8:51
110	102	Jennifer Vincent	F	37	BEDFORD	NH	8/27	F30-39	29/80	F GCS	00:27:29	8:52
111	19	Susannah Chance	F	42	GILMANTON IRON W	NH	11/27	F40-49	30/80	F	00:27:42	8:56
112	92	Brenda Simpson	F	47	LITCHFIELD	NH	12/27	F40-49	31/80	F GDTC	00:27:44	8:57
113	195	Kathleen Cartier	F	53			9/13	F50-59	32/80	F AA	00:27:47	8:58
114	2	Jenna Abreu	F	36	MANCHESTER	NH	9/27	F30-39	33/80	F GDTC	00:27:49	8:59
115	181	Meghan MacDonald	F	34			10/27	F30-39	34/80	F	00:27:50	8:59
116	31	Roger Dufresne	M	62	DERRY	NH	8/12	M60-69	82/106	M GDTC	00:28:13	9:06
117	192	Christine Madden	F	33			11/27	F30-39	35/80	F GSRT	00:28:19	9:08
118	191	Darragh Madden	M	33			12/13	M30-39	83/106	M	00:28:21	9:09
119	167	Andy Boulay	M	62			9/12	M60-69	84/106	M	00:28:23	9:10
120	186	Michele Lavanga	F	33			12/27	F30-39	36/80	F	00:28:45	9:17
121	8	Katie Barnes	F	45	HOOKSETT	NH	13/27	F40-49	37/80	F	00:28:49	9:18
122	84	Christopher Renke	M	43	LONDONDERRY	NH	28/33	M40-49	85/106	M	00:29:05	9:23
123	170	Rachel Huckins	F	15			5/9	F29&UND	38/80	F GSRT	00:29:08	9:24
124	112	Rod Litalien	M	74	NEWBURYPORT	MA	1/4	M70+	86/106	M	00:29:16	9:27
125	113	Jane Levesque	F	68	NASHUA	NH	1/5	F60-69	39/80	F GCS	00:29:18	9:27
126	104	Rose Washak	F	48	AMESBURY	MA	14/27	F40-49	40/80	F	00:29:24	9:29
127	198	Mary Alice Kistler	F	45			15/27	F40-49	41/80	F GDTC	00:29:26	9:30
128	43	Dave Giberti	M	49	DERRY	NH	29/33	M40-49	87/106	M GDTC	00:29:38	9:34
129	40	Michelle Gannon	F	41	HOOKSETT	NH	16/27	F40-49	42/80	F	00:29:46	9:36
130	187	Patrick Lavanga	M	34			13/13	M30-39	88/106	M	00:29:58	9:40
131	183	Suzanne Thistie	F	30			13/27	F30-39	43/80	F	00:30:28	9:50
132	166	Bonney Cashin	F	57			10/13	F50-59	44/80	F GDTC	00:30:30	9:51
133	176	Sylvia Moher	F	61			2/5	F60-69	45/80	F	00:30:43	9:55
134	25	Kerry Daley	M	8	LONDONDERRY	NH	17/22	M29&UND	89/106	M	00:30:44	9:55
135	34	Colleen Falardeau	F	44	LITCHFIELD	NH	17/27	F40-49	46/80	F GDTC	00:30:45	9:56
136	69	Jocelyn Marion	F	45	TOWNSEND	MA	18/27	F40-49	47/80	F GDTC	00:30:48	9:56
137	5	Stephanie Aylward	F	40	ATKINSON	NH	19/27	F40-49	48/80	F	00:31:06	10:02
138	54	Jessica Lapaglia	F	37	HOOKSETT	NH	14/27	F30-39	49/80	F	00:31:09	10:03
139	28	Daniel Dodson	M	65	METHUEN	MA	10/12	M60-69	90/106	M	00:31:25	10:08
140	15	David Breeden	M	59	DERRY	NH	20/21	M50-59	91/106	M GDTC	00:31:28	10:09
141	56	Erin Lautieri	F	36	DERRY	NH	15/27	F30-39	50/80	F	00:31:29	10:10
142	172	Kelly MacMillan	F	44			20/27	F40-49	51/80	F	00:31:33	10:11
143	17	Jodi Carlberg	F	39	DERRY	NH	16/27	F30-39	52/80	F	00:31:35	10:12
144	44	Mary-Jo Girolimon	F	55	BEDFORD	NH	11/13	F50-59	53/80	F GDTC	00:31:42	10:14
145	96	Jeffrey Spencer	M	40	DERRY	NH	30/33	M40-49	92/106	M	00:31:45	10:15
146	72	Paula Mercier	F	45	CANTERBURY	NH	21/27	F40-49	54/80	F	00:32:05	10:21
147	67	Tina Mandrioli	F	40	LONDONDERRY	NH	22/27	F40-49	55/80	F	00:32:12	10:24
148	148	George Tosatti	M	73	MANCHESTER	NH	2/4	M70+	93/106	M GDTC	00:32:18	10:25
149	145	Noah Jarvis	M	12	DERRY	NH	18/22	M29&UND	94/106	M	00:32:22	10:27
150	146	Paula Jarvis	F	41	DERRY	NH	23/27	F40-49	56/80	F	00:32:23	10:27

Page 4

19th ANNUAL FOOT HEALTH 5K
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***** OVERALL RESULTS *****

RESULTS BY NEW ENGLAND TIMING

Place	Bib#	Name	G	Age	City	St	Div/Tot	Div	Gen/Tot	G Club	Time	Pace
151	121	Dick Kuhl	M	75	BEDFORD	NH	3/4	M70+	95/106	M AA	00:32:24	10:27
152	163	Gary Laroche	M	45			31/33	M40-49	96/106	M	00:32:34	10:31
153	106	Dawn White	F	38	DEERFIELD	NH	17/27	F30-39	57/80	F	00:32:40	10:33
154	169	Nichole Withrow	F	35			18/27	F30-39	58/80	F GDTC	00:32:48	10:35
155	55	Carly Lapaglia	F	12	HOOKSETT	NH	6/9	F29&UND	59/80	F	00:32:52	10:37
156	177	Teagan Lessard	F	08			7/9	F29&UND	60/80	F	00:32:56	10:38
157	178	Rob Lessard	M	45			32/33	M40-49	97/106	M	00:32:57	10:38
158	11	Stacie Berry	F	38	HOOKSETT	NH	19/27	F30-39	61/80	F	00:33:06	10:41
159	64	Joey MacK	M	8	MILFORD	NH	19/22	M29&UND	98/106	M GCS	00:33:08	10:42
160	194	Deb Urbanik	F	43			24/27	F40-49	62/80	F	00:33:15	10:44
161	41	Sarah Garofalo	F	35	LONDONDERRY	NH	20/27	F30-39	63/80	F	00:33:15	10:44

162	65 Jennifer MacK	F	36 MILFORD	NH	21/27	F30-39	64/80	F	GCS	00:33:26	10:48
163	59 Beth Lebreton	F	36 LONDONDERRY	NH	22/27	F30-39	65/80	F		00:33:33	10:50
164	133 Joshua Noe	M	10 DERRY	NH	20/22	M29&UND	99/106	M	GDTC	00:33:40	10:52
165	116 Rosa Tejada	F	51 DERRY	NH	12/13	F50-59	66/80	F	GDTC	00:33:48	10:55
166	61 Becky Lounsbury	F	32 CENTER BARNSTEAD	NH	23/27	F30-39	67/80	F		00:33:58	10:58
167	138 David Bailey	M	71 CONCORD	NH	4/4	M70+	100/106	M	GSRT	00:34:38	11:11
168	105 Greg Washak	M	50 AMESBURY	MA	21/21	M50-59	101/106	M		00:35:24	11:25
169	26 Sean Daley	M	9 LONDONDERRY	NH	21/22	M29&UND	102/106	M		00:35:26	11:26
170	24 John Daley	M	45 LONDONDERRY	NH	33/33	M40-49	103/106	M		00:35:28	11:27
171	118 Deirdre Glynn	F	38 LONDONDERRY	NH	24/27	F30-39	68/80	F	GDTC	00:35:39	11:30
172	158 Cheri Metzler	F	41		25/27	F40-49	69/80	F	GDTC	00:35:51	11:34
173	23 Regan Coyle	F	14 SALEM	NH	8/9	F29&UND	70/80	F	GDTC	00:36:02	11:38
174	164 Stephanie Hudson	F	32		25/27	F30-39	71/80	F		00:36:28	11:46
175	86 Maureen Reno	F	36 DERRY	NH	26/27	F30-39	72/80	F	GDTC	00:37:43	12:10
176	33 Katherine Estes	F	40 LONDONDERRY	NH	26/27	F40-49	73/80	F		00:39:56	12:53
177	32 Regina Dunham	F	67 LONDONDERRY	NH	3/5	F60-69	74/80	F		00:40:42	13:08
178	99 Denise Underwood	F	44 LONDONDERRY	NH	27/27	F40-49	75/80	F		00:40:43	13:08
179	75 Colleen Nocera	F	38 DERRY	NH	27/27	F30-39	76/80	F		00:40:48	13:10
180	49 Janice Knepp	F	18 LONDONDERRY	NH	9/9	F29&UND	77/80	F	GDTC	00:41:03	13:15
181	50 Maureen Knepp	F	53 LONDONDERRY	NH	13/13	F50-59	78/80	F	GDTC	00:41:03	13:15
182	131 Chris Wiles	M	19 LONDONDERRY	NH	22/22	M29&UND	104/106	M	GDTC	00:46:18	14:57
183	199 Barbara Lemieux	F	62		4/5	F60-69	79/80	F	GDTC	00:47:28	15:19
184	68 Maureen Marcotte	F	63 DERRY	NH	5/5	F60-69	80/80	F	GDTC	00:47:28	15:19
185	117 Pete Marcotte	M	64 DERRY	NH	11/12	M60-69	105/106	M	GDTC	00:47:29	15:19
186	200 Dick Lemieux	M	64		12/12	M60-69	106/106	M	GDTC	00:47:29	15:19