5 km Isle La Motte - 7/16/2011

Isle La Motte, VT

Rankings

Event 1 Mixed 8-99 5k Run CC

Name	Age	Team	Avg Mile	Finals	Points
8-19 Results - Women 5000 Run					
1 Novitsky, Emmi	W11	Isle La Motte, VT	10:08.0	31:28.87	
2 Newman, Marlowe	W12	Isle La Motte, VT	14:24.4	44:45.33	
3 Novistky, ReBecca	W11	Isle La Motte, VT	14:24.8	44:46.59	
20-29 Results - Women 5000 Run					
1 Lavalette, Annemarie	W29	Burlington, VT	10:37.6	33:00.77	
30-39 Results - Women 5000 Run					
1 Damico, Rebecca	W33	Montreal, PA	7:41.5	23:53.57	
2 Sauve, Lynn	W30	North Hero, VT	10:41.3	33:12.28	
40-49 Results - Women 5000 Run					
1 Champagne, Kathy	W49	Plattsburgh, NY	6:32.6	20:19.63	
2 Farreirn, Antoniela	W41	Grande Isle, VT	9:11.3	28:32.56	
3 senecal, andrea	W41	Milton, VT	10:42.2	33:15.10	
4 Caneco, Deborah	W46	North Hero, VT	10:53.9	33:51.53	
5 Bavier, Celia	W42	Laurenceville, NJ	12:01.2	37:20.39	
6 Novitsky, Elizabeth	W48	Isle La Motte, VT	19:13.8	59:44.41	
50-59 Results - Women 5000 Run					
1 Buell, Doreen	W54	Troy, NY	8:36.6	26:44.86	
2 Halnon, Andrea	W57	Lincoln, VT	9:17.3	28:51.26	
3 Cantor, Francine	W56	Syracuse, ny	11:30.9	35:46.37	
60-69 Results - Women 5000 Run					
1 Boomhower, Shelley	W63	Milton, VT	12:59.3	40:20.92	
8-19 Results - Men 5000 Run					
1 Steffie, Garrett	M14	Montclair, NJ	9:08.0	28:22.37	
20-29 Results - Men 5000 Run					
1 Halnon, Jameson	M24	Burlington, VT	7:06.0	22:03.46	
2 Firstone, Owen	M21	Syracuse, NY	9:28.6	29:26.40	
30-39 Results - Men 5000 Run					
1 Shumnory, Blade	M30	Sheldon, VT	6:37.6	20:35.01	
2 Shea, Patrick	M38	Isle La Motte, VT	6:56.8	21:34.81	
3 Julow, Andrew	M33	North Hero, VT	7:37.0	23:39.84	
4 Shea, Kevin	M35	Montreal, PA	8:39.8	26:54.93	
40-49 Results - Men 5000 Run					
1 Lecot, Francois	M40	Longueuil, QC	5:27.6	16:57.83	
2 Rodriguez, Derek	M45	South Hero, VT	6:23.1	19:50.14	
3 Bessette, Mike	M41	St. Albans, VT	6:41.2	20:46.40	
4 Pammer, Jim	M46	Keene, NH	6:52.9	21:22.79	
5 Le Beau, Mark	M43	Sheldon, VT	7:31.9	23:23.92	
6 Chevrier, Armand	M47	Alburgh, Vt	8:00.9	24:54.00	
7 Fortin, Michel	M46	Chambly, QC	8:56.2	27:45.92	
50-59 Results - Men 5000 Run					
1 Mashtare, Michael	M51	Georgia, VT	7:04.6	21:58.97	
2 Steffe, Greg	M50	Montclair, nj	8:21.0	25:56.46	
3 Firestone, Albert	M54	Syracuse, NY	8:59.7	27:56.78	
4 Robbins, Scott	M51	Burlington, VT	10:43.2	33:18.14	
60-69 Results - Men 5000 Run					
1 curth, harry	M63	swanton, vt	7:35.6	23:35.31	