

**McMullen Miles - 6/10/2016**  
**St, John Fisher College**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M9&U 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
Finals				
1 Philip Peterson	M9 Auburn, NY	6:27.64	6:27.65 57.42%	2
2 Owen Gasper	M8 Auburn, NY	6:43.75	6:43.76 55.13%	3
3 Nathan Ruchlin	M9 Una	7:20.76	7:20.77 50.50%	3
4 Georgie Newsome	M8 Palmyra, NY	7:32.66	7:32.67 49.18%	2
5 Ravi Kumar	M9 Pittsford, NY	9:03.47	9:03.48 40.96%	2
6 Scott Memmo	M9 Rochester, NY	11:19.64	11:19.65 32.75%	2

**W9&U 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Catherine Staley	W9 Una	6:06.48	6:06.49 68.65%	3
2 Elizabeth Tytler	W9 Rochester, NY	6:23.68	6:23.69 65.58%	2
3 Addison Cooper	W9 Auburn, NY	7:00.94	7:00.95 59.77%	2
4 Kendall Smith	W9 Fairport, NY	8:04.32	8:04.33 51.95%	2
5 Camryn Sloan	W9 Una	8:50.06	8:50.07 47.47%	2

**M10-14 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Isaac Crandall	M14 Fulton, NY	4:47.32	4:47.33 77.47%	4
2 Jacob Fredericks	M14 Una	5:06.75	5:06.76 72.57%	3
3 Oliver Nazarian	M13 Penfield, NY	5:16.74	5:16.75 70.28%	3
4 Nathan Johanneman	M14 Fairport, NY	5:43.24	5:43.25 64.85%	3
5 Miles Baroody	M10 Auburn, NY	5:59.64	5:59.65 61.90%	3
6 Keegan Brady	M10 Auburn, NY	6:00.84	6:00.85 61.69%	3
7 Troy Conner	M12 Rochester, NY	6:11.38	6:11.39 59.94%	3
8 Tyler Jeffers	M12 Una	6:39.78	6:39.79 55.68%	2
9 Skylar Perkins	M13 Rochester, NY	6:42.98	6:42.99 55.24%	3
10 Riley Evans-VanBuren	M10 Una	7:00.94	7:00.95 52.88%	2
11 Sayveon House	M10 Rochester, NY	9:19.27	9:19.28 39.80%	2

**W10-14 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Colleen Tytler	W13 Rochester, NY	5:46.13	5:46.14 72.69%	4
2 Alia Spaker	W11 Honeoye Falls, NY	6:07.06	6:07.07 68.54%	3
3 Candace Tytler	W11 Rochester, NY	6:08.53	6:08.54 68.27%	3
4 Kayla Storie	W12 Churchville, NY	6:19.76	6:19.77 66.25%	3
5 Shannon Conner	W12 Rochester, NY	6:34.59	6:34.60 63.76%	2
6 Emma Spagnola	W12 Una	6:36.80	6:36.81 63.41%	2
7 Elizabeth Baroody	W10 Auburn, NY	6:42.17	6:42.18 62.56%	3
8 Bizzy Merz	W14 Rochester, NY	6:44.21	6:44.22 62.24%	3
9 Amber Newsome	W10 Palmyra, NY	7:10.43	7:10.44 58.45%	3
10 LeeAdianez Rodriguez-Esp	W12 Rochester, NY	8:37.37	8:37.38 48.63%	3
11 Emma Heerkens	W11 East Rochester, NY	9:26.91	9:26.92 44.38%	2

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**M15-19 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Jack Tate	M17 Mendon, NY	4:30.86	4:30.87 82.18%	14
2 Leon Atkins	M19 Auburn, NY	4:36.93	4:36.94 80.38%	14
3 Ryshig Scott Thompson	M17 Rochester, NY	4:46.85	4:46.86 77.60%	4
4 Liam Lewis	M16 Una	4:47.26	4:47.27 77.49%	4
5 Ahren Spaker	M15 Honeoye Falls, NY	4:50.48	4:50.49 76.63%	4
6 Gaven Gorney	M16 Auburn, NY	5:05.85	5:05.86 72.78%	4
7 Oliver Lindblom	M17 Rochester, NY	5:18.98	5:18.99 69.78%	8
8 Dezmond Virella	M17 Rochester, NY	5:30.49	5:30.50 67.35%	4

**W15-19 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Madeleine Shellard	W16 Rochester, NY	5:17.48	5:17.49 79.25%	4
2 Julia Spagnola	W15 Una	6:01.89	6:01.90 69.52%	4

**M20-24 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Robert Hurlbut	M23 Rochester, NY	4:17.27	4:17.28 86.52%	14
2 Omar Boulama	M22 Walworth, NY	4:18.96	4:18.97 85.96%	14
3 Matt Pierce	M24 Una	4:31.73	4:31.74 81.92%	14
4 Brendan Gregg	M24 Orchard Park, NY	4:41.53	4:41.54 79.07%	14
5 Brian Hotchkiss	M24 Una	5:08.25	5:08.26 72.21%	8
6 Sam Lindblom	M20 Una	5:15.65	5:15.66 70.52%	8

**W20-24 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Stephanie Krusch	W24 Pittsford, NY	8:45.20	8:45.21 47.91%	9

**M25-29 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Nick Guarino	M27 Bergen, NY	4:15.15	4:15.16 87.24%	14
2 Josh Guarino	M27 Bergen, NY	4:16.60	4:16.61 86.75%	14
3 Dan Serianni	M25 Una	4:34.64	4:34.65 81.05%	14
4 Chris Mason	M27 Auburn, NY	4:59.22	4:59.23 74.39%	14
5 Mike Soltiz	M27 Rochester, NY	5:31.00	5:31.01 67.25%	8
6 Geordan Perreaud	M28 Rochester, NY	7:02.25	7:02.26 52.72%	6

**W25-29 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Hannah Davidson	W26 Saratoga Springs, N	5:09.06	5:09.07 81.41%	13
2 Danielle Groff	W26 Rochester, NY	5:11.46	5:11.47 80.78%	13
3 Alice Hallahan	W27 Rochester, NY	6:09.43	6:09.44 68.10%	9
4 Theresa Chen	W26 Rochester, NY	8:58.90	8:58.91 46.69%	9

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**M30 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 David Rappleyea	M30 Henrietta, NY	4:35.96	4:35.97 80.66%	14
2 John Stephens	M34 Una	4:59.45	4:59.46 74.34%	14
3 Jeremiah Bailey	M30 Una	5:14.55	5:14.56 70.77%	8
4 Brian Suhr	M32 Farmington, NY	5:19.23	5:19.24 69.73%	8
5 Roy Richards	M32 Una	7:12.14	7:12.15 51.51%	7

**W30 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Katherine Dey	W30 Nunda, NY	6:22.86	6:22.87 65.72%	9

**M35 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Matt Blodgett	M39 Una	4:59.21	4:52.87 76.01%	8
2 Daniel Deckman	M38 Rochester, NY	5:47.82	5:40.45 65.38%	7
3 Lorenzo Napolitano	M37 Una	7:00.64	6:51.73 54.07%	6

**W35 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Lynn Gottfried	W36 Penfield, NY	6:29.32	6:22.59 65.76%	9
2 Lisa Perks	W35 Fairport, NY	6:37.78	6:30.90 64.36%	9
3 Candi Napolitano	W35 Una	6:44.87	6:37.87 63.24%	9
4 Michele Cavallaro	W39 Una	7:34.10	7:26.25 56.38%	9
5 Jennifer Bozzette	W38 Rochester, NY	10:46.08	10:34.91 39.63%	5

**M40 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Joshua Perks	M41 Fairport, NY	4:49.41	4:33.53 81.38%	12
2 Jef Cavallaro	M40 Una	5:02.77	4:46.15 77.79%	12
3 Douglas Sheahan	M44 Victor, NY	5:39.19	5:20.57 69.44%	12
4 Steven Dailey	M42 Una	5:52.17	5:32.84 66.88%	12
5 Dave Adams	M43 Macedon, NY	6:02.59	5:42.69 64.96%	12
6 Prem Kumar	M41 Pittsford, NY	6:05.76	5:45.68 64.39%	12
7 Brian Gantess	M43 Una	11:32.07	10:54.08 34.03%	5

**W40 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Karen Blodgett	W40 Fairport, NY	5:10.60	4:54.11 85.55%	13
2 Karen Simmonds-Brady	W42 auburn, NY	5:33.93	5:16.20 79.57%	11
3 Wakenda Tyler	W41 Rochester, NY	6:05.84	5:46.42 72.63%	11
4 Bambi Jasmin	W44 Una	7:17.10	6:53.90 60.79%	10

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**M45 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Stephen Ruchlin	M47 Una	5:22.13	4:53.11 75.94%	8
2 Mark Larson	M46 Rochester, NY	5:29.03	4:59.39 74.35%	12
3 Venelin Tchamov	M49 Rochester, NY	5:34.52	5:04.38 73.13%	12
4 Bill Weber	M49 Una	5:53.40	5:21.56 69.22%	7
5 Tom Jacobs	M47 ontario, NY	6:48.85	6:12.02 59.84%	7

**M50 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Mike Nier	M51 Rochester, NY	5:07.99	4:29.40 82.63%	12
2 Joe Mora	M54 Una	5:09.88	4:31.06 82.13%	12
3 Dave Bischoff	M54 Una	5:14.49	4:35.09 80.92%	12
4 Dale Flanders	M51 Allegany, NY	5:21.30	4:41.05 79.21%	12
5 Kevin Sheehan	M54 Victor, NY	5:42.09	4:59.23 74.39%	12
6 Mike Reinhardt	M52 Una	5:57.18	5:12.43 71.25%	12
7 Gustavo Zajia	M51 Henrietta, NY	5:58.65	5:13.72 70.96%	8
8 Roger Janezic	M52 Una	6:09.38	5:23.10 68.90%	8
9 Brian Andrews	M51 Fairport, NY	6:11.62	5:25.06 68.48%	7
10 Keith Scott	M53 Una	6:14.66	5:27.72 67.93%	12
11 Ken Marvald	M53 Una	6:56.81	6:04.59 61.06%	6
12 Robert Yager	M54 Pittsburgh, PA	12:10.79	10:39.23 34.82%	5

**W50 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Kim Ciulla	W51 Bloomfield, NY	8:08.53	6:51.15 61.19%	10
2 Sandra Bossert	W54 Una	9:20.77	7:51.95 53.31%	10
3 Janine Gates	W50 Rochester, NY	10:07.69	8:31.44 49.19%	5
4 LuAnn Pavlovych	W53 Una	10:37.97	8:56.92 46.86%	5

**M55 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Stuart Galloway	M55 Una	4:52.59	4:05.63 90.63%	12
2 Ted Thull	M55 Macedon, NY	5:44.74	4:49.41 76.92%	12
3 Robin Torpey	M57 Una	6:14.51	5:14.41 70.80%	12
4 Greg Pires	M56 West Henrietta, NY	7:10.88	6:01.73 61.54%	7

**W55 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Colleen Magnussen	W56 Una	7:02.08	5:32.65 75.64%	11
2 Karen Luce	W55 Penfield, NY	7:37.23	6:00.35 69.82%	10
3 Maryana AbabOvio	W55 Una	8:24.97	6:37.97 63.22%	10
4 Elizabeth Parve	W55 Una	8:33.83	6:44.95 62.13%	11

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**M60 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Mark Rybinski	M61 Una	5:25.32	4:21.66 85.07%	12
2 Bill Beyerbach	M61 Una	5:46.42	4:38.63 79.89%	12
3 Gene Jensen	M61 webster, NY	6:00.53	4:49.98 76.76%	12
4 Robert Slebodnik	M60 Pittsford, NY	6:14.85	5:01.50 73.83%	12
5 Wendell Hercules	M64 Henrietta, NY	6:52.86	5:32.07 67.03%	12
6 George Dieffenbach	M63 Pittsburgh, PA	6:54.16	5:33.11 66.82%	7
7 John Robak	M62 Una	7:17.92	5:52.22 63.20%	7
8 Gary Leyrer	M62 Rochester, NY	8:19.06	6:41.40 55.46%	6
9 Andy Matzan	M64 Una	8:32.47	6:52.18 54.01%	6
10 Steve Anderson	M61 Una	8:35.16	6:54.35 53.72%	6

**W60 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Donna Roberts	W63 Una	9:10.62	6:44.49 62.20%	10
2 Bonnie Doran	W60 Rochester, NY	9:44.04	7:09.04 58.64%	5

**M65 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Jack Kasperski	M65 Fairport, NY	7:02.66	5:25.07 68.48%	7
2 Jerry Roberts	M66 Una	7:04.27	5:26.31 68.22%	7
3 David Davenport	M65 Rochester, NY	7:15.17	5:34.69 66.51%	7
4 Chris Frechette	M69 Rochester, NY	7:34.52	5:49.58 63.68%	7
5 Charlie Mullen	M67 Una	7:48.14	6:00.05 61.83%	6

**M70 1 Mile Run merged**

Name	Age Team	Finals	Age-Grading	H#
1 Rob Marvald	M71 Una	5:59.42	4:23.06 84.62%	7
2 Jim May	M70 Una	6:06.84	4:28.50 82.91%	12
3 Harry Luke	M70 Una	7:42.17	5:38.27 65.81%	7