



Jimmy The Greek's Frozen 4 Miler 01/19/2020 Old Orchard Beach ME
 Overall Results 5K - Awards 5K - Timed by Second Wind Race Timing
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Place	Bib	Name	Sex	Age	Rank	AG	City	State	Gun Time	Net Time	Pace	Speed
4 Miler												
1	1141	Chris Harmon	M	32	*	M30-39	Westbrook	ME	0:21:36.7	0:21:36.3	5:24	11.1 MPH
2	1144	Ryan Collins	M	34	*	M30-39	Poland	ME	0:21:40.9	0:21:40.4	5:25	11.0 MPH

3	1121 Braden Perry	M	27	*	M20-29 Saco	ME	0:21:43.6	0:21:43.2	5:25	11.0 MPH
4	1142 Kyle Simmons	M	34	1	M30-39 Lewiston	ME	0:23:42.4	0:23:41.5	5:55	10.1 MPH
5	1128 Kevin St. Laurent	M	32	2	M30-39 Newmarket	NH	0:24:26.0	0:24:25.2	6:06	9.8 MPH
6	1522 Oliver Richards	M	41	1	M40-49 Falmouth	ME	0:24:41.1	0:24:40.1	6:10	9.7 MPH
7	1468 Tony Myatt	M	33	3	M30-39 Portland	ME	0:26:07.8	0:26:07.2	6:31	9.1 MPH
8	1132 Darren Winchenbach	M	38	4	M30-39 Saco	ME	0:26:28.4	0:26:27.7	6:36	9.0 MPH
9	1492 Mark Snow	M	53	1	M50-59 Casco	ME	0:26:34.8	0:26:31.5	6:37	9.0 MPH
10	1131 Harris Navelski	M	38	5	M30-39 Portsmouth	NH	0:26:55.1	0:26:51.4	6:42	8.9 MPH
11	1105 Shawn Vincent	M	44	2	M40-49 Auburn	ME	0:27:13.6	0:27:10.6	6:47	8.8 MPH
12	1130 Kim Parker	W	47	*	F40-49 York	ME	0:27:36.9	0:27:33.5	6:53	8.7 MPH
13	1111 Andrew Brunton	M	30	6	M30-39 Sullivan	ME	0:27:42.7	0:27:38.2	6:54	8.6 MPH
14	1477 Andrew Durgin	M	35	7	M30-39 Sanford	ME	0:27:56.3	0:27:48.9	6:57	8.6 MPH
15	1485 Anne L'heureux	W	37	*	F30-39 Biddeford	ME	0:28:14.6	0:28:12.9	7:03	8.5 MPH
16	1451 Matthew Walker	M	18	1	M15-19 Poland	ME	0:28:24.5	0:28:21.6	7:05	8.4 MPH
17	1504 Marissa Trudeau	W	42	*	F40-49 East Waterboro	ME	0:28:55.4	0:28:53.9	7:13	8.3 MPH
18	1136 Randy Henry	M	45	3	M40-49 New Gloucester	ME	0:29:07.5	0:29:05.3	7:16	8.2 MPH
19	1511 Bethany Woodsome	W	43	1	F40-49 East Waterboro	ME	0:29:13.5	0:29:12.2	7:18	8.2 MPH
20	2691 Rosemarie Sheline	W	41	2	F40-49 Lewiston	ME	0:29:15.2	0:29:10.2	7:17	8.2 MPH
21	1523 Richard Blanchette	M	55	2	M50-59 Lewiston	ME	0:29:17.0	0:29:12.0	7:18	8.2 MPH
22	2697 Denise Curry	W	54	1	F50-59 Windham	ME	0:30:02.8	0:30:00.0	7:30	7.9 MPH
23	1139 Mark Lilley	M	58	3	M50-59 Scarborough	ME	0:30:32.9	0:30:27.8	7:36	7.8 MPH
24	490 Jon Mennealy	M	63	1	M60-69 Sabattus	ME	0:30:36.6	0:30:34.2	7:38	7.8 MPH
25	276 Don Hedeman	M	33	8	M30-39 Bath	ME	0:30:46.0	0:30:41.7	7:40	7.8 MPH
26	2698 Albert Swallow	M	57	4	M50-59 South Portland	ME	0:30:51.5	0:30:42.1	7:40	7.8 MPH
27	1137 Chrissy Buotte	W	31	1	F30-39 Old Orchardbeach	ME	0:31:01.9	0:30:55.3	7:43	7.7 MPH
28	1484 Peter Rearick	M	68	2	M60-69 Gray	ME	0:31:04.2	0:31:01.6	7:45	7.7 MPH
29	298 Erika Fecteau	W	33	2	F30-39 North Waterboro	ME	0:31:14.2	0:31:11.9	7:47	7.6 MPH
30	493 Denis Dubois	M	69	3	M60-69 Lewiston	ME	0:31:20.8	0:31:18.6	7:49	7.6 MPH
31	297 Nicholas Fecteau	M	32	9	M30-39 North Waterboro	ME	0:31:35.7	0:31:33.6	7:53	7.6 MPH
32	1493 Adam Davis	M	32	10	M30-39 Windham	ME	0:31:40.0	0:31:34.5	7:53	7.6 MPH
33	1460 Lindsay Strattard	W	40	3	F40-49 New Gloucester	ME	0:31:40.1	0:31:34.3	7:53	7.6 MPH
34	1126 Matt Sither	M	37	11	M30-39 Scarborough	ME	0:31:40.6	0:31:24.3	7:51	7.6 MPH
35	1133 Scott Thibeault	M	26	1	M20-29 Old Orchardbeach	ME	0:31:46.3	0:31:41.4	7:55	7.5 MPH
36	1507 Mark Boulanger	M	48	4	M40-49 East Waterboro	ME	0:31:47.7	0:31:42.6	7:55	7.5 MPH
37	1124 Evan Schneider	M	12	1	M01-14 Old Orchard Beach	ME	0:31:50.5	0:31:48.8	7:57	7.5 MPH
38	1102 Andrew Kavanagh	M	29	2	M20-29 Old Orchard Beach	ME	0:32:00.4	0:31:50.0	7:57	7.5 MPH
39	1134 David Conceirson	M	25	3	M20-29 Old Orchardbeach	ME	0:32:06.0	0:32:01.8	8:00	7.4 MPH
40	1107 Paul Boutin	M	59	5	M50-59 Saco	ME	0:32:06.3	0:32:01.9	8:00	7.4 MPH
41	1125 Marcy Duhamel	W	39	3	F30-39 Old Orchard Beach	ME	0:32:09.9	0:32:08.1	8:02	7.4 MPH
42	2699 Janet Letalien	W	56	2	F50-59 Portland	ME	0:32:16.6	0:32:08.0	8:02	7.4 MPH
43	2700 Paul Letalien	M	63	4	M60-69 Portland	ME	0:32:17.5	0:32:08.1	8:02	7.4 MPH
44	1521 Adeline Hall	W	13	1	F01-14 Bremen	ME	0:32:29.0	0:32:27.9	8:06	7.3 MPH
45	1482 Bill Bouchard	M	44	5	M40-49 Poland	ME	0:32:38.6	0:32:30.7	8:07	7.3 MPH
46	1483 Tammie Bouchard	W	48	4	F40-49 Poland	ME	0:32:42.6	0:32:34.9	8:08	7.3 MPH
47	1512 Jessica Leclerc	W	34	4	F30-39 South Portland	ME	0:32:47.7	0:32:41.9	8:10	7.3 MPH
48	1471 Alexandra Lancaster	W	27	1	F20-29 Poland	ME	0:32:59.5	0:32:49.2	8:12	7.3 MPH
49	1508 Leslie Mourmouras	W	51	3	F50-59 Biddeford	ME	0:33:17.2	0:33:06.8	8:16	7.2 MPH
50	2695 Krista Brey	W	34	5	F30-39 Windham	ME	0:33:25.4	0:33:16.8	8:19	7.2 MPH
51	1461 Marie Whitney	W	27	2	F20-29 Saco	ME	0:33:34.0	0:33:29.9	8:22	7.1 MPH
52	2694 Shane Brey	M	43	6	M40-49 Windham	ME	0:33:34.4	0:33:26.0	8:21	7.1 MPH
53	487 Jennifer Jordan	W	41	5	F40-49 Auburn	ME	0:33:37.2	0:33:29.8	8:22	7.1 MPH
54	1505 Rachel Baillargeon	W	45	6	F40-49 Gorham	ME	0:33:42.0	0:33:34.4	8:23	7.1 MPH
55	1494 Katie Davis	W	32	6	F30-39 Windham	ME	0:33:50.8	0:33:45.1	8:26	7.1 MPH

56	1116 Kevin Condon	M	53	6	M50-59 Newburyport	MA	0:33:59.7	0:33:41.6	8:25	7.1 MPH
57	1525 Amber Rossi	W	34	7	F30-39 West Baldwin	ME	0:34:14.1	0:34:04.8	8:31	7.0 MPH
58	1123 Joe Hayes	M	71	1	M70-79 Portsmouth	NH	0:34:31.5	0:34:25.2	8:36	6.9 MPH
59	1520 Lila Hall	W	12	2	F01-14 Bremen	ME	0:34:33.1	0:34:32.1	8:38	6.9 MPH
60	2688 Kevin Spier	M	48	7	M40-49 Cape Elizabeth	ME	0:34:39.3	0:34:32.4	8:38	6.9 MPH
61	1135 Mallory Mavmouros	W	22	3	F20-29 Biddeford	ME	0:34:44.9	0:34:40.4	8:40	6.9 MPH
62	1465 Chris Douphinett	M	30	12	M30-39 Scarborough	ME	0:34:52.6	0:34:49.5	8:42	6.8 MPH
63	1472 James Dorsey	M	48	8	M40-49 Buxton	ME	0:34:53.7	0:34:34.5	8:38	6.9 MPH
64	277 Jay Laborre	M	34	13	M30-39 Springfield	MA	0:34:55.4	0:34:43.0	8:40	6.9 MPH
65	2689 Amy Mills	W	47	7	F40-49 Hallowell	ME	0:35:00.3	0:34:53.4	8:43	6.8 MPH
66	1104 Andrea Vincent	W	44	8	F40-49 Auburn	ME	0:35:05.3	0:34:55.7	8:43	6.8 MPH
67	1469 Kathy Denoncour	W	57	4	F50-59 Concord	NH	0:35:08.8	0:34:57.7	8:44	6.8 MPH
68	1510 Adam Gerhard	M	43	9	M40-49 Newmarket	NH	0:35:22.9	0:35:06.2	8:46	6.8 MPH
69	1120 Bill Leonard	M	53	7	M50-59 Brookfield	NH	0:35:28.9	0:35:25.1	8:51	6.7 MPH
70	1490 Carrie Yarmala	W	33	8	F30-39 Lewiston	ME	0:35:37.5	0:35:18.0	8:49	6.7 MPH
71	1138 Tegan Raymond	W	32	9	F30-39 Windham	ME	0:35:47.9	0:35:34.9	8:53	6.7 MPH
72	1462 Brianna Drew	W	21	4	F20-29 Biddeford	ME	0:35:51.3	0:35:44.6	8:56	6.7 MPH
73	1450 Lexie Michaud	W	22	5	F20-29 Portland	ME	0:35:54.2	0:35:50.5	8:57	6.6 MPH
74	1464 Jen Vanderburgh	W	37	10	F30-39 Windham	ME	0:35:55.0	0:35:48.1	8:57	6.7 MPH
75	1503 Jody Mccolman	M	50	8	M50-59 Portland	ME	0:35:59.7	0:35:52.3	8:58	6.6 MPH
76	1524 Olivia Nicol	W	23	6	F20-29 Portland	ME	0:36:11.9	0:36:07.6	9:01	6.6 MPH
77	1456 Darlene Beach	W	68	1	F60-69 Auburn	ME	0:36:22.9	0:36:14.6	9:03	6.6 MPH
78	1519 Alden Hall	M	10	2	M01-14 Bremen	ME	0:36:23.4	0:36:21.9	9:05	6.5 MPH
79	1457 Bob Mackinnon	M	65	5	M60-69 Yarmouth	ME	0:36:53.7	0:36:39.9	9:09	6.5 MPH
80	1518 Pearl Jane Hall	W	8	3	F01-14 Bremen	ME	0:37:32.0	0:37:30.9	9:22	6.3 MPH
81	288 Magan Hanson	W	40	9	F40-49 South Paris	ME	0:37:35.9	0:37:24.4	9:21	6.4 MPH
82	287 Elicia Tilsley	W	34	11	F30-39 Greenwood	ME	0:37:35.9	0:37:24.1	9:21	6.4 MPH
83	300 Randall Joubert	M	46	10	M40-49 Nobleboro	ME	0:37:43.8	0:37:26.4	9:21	6.4 MPH
84	2687 Mary Hebert	W	64	2	F60-69 Kennebunk	ME	0:37:57.5	0:37:44.5	9:26	6.3 MPH
85	477 Conor Glasier	M	14	3	M01-14 Nobleboro	ME	0:38:18.6	0:38:01.7	9:30	6.3 MPH
86	280 Margaritt McNulty	W	67	3	F60-69 Windham	ME	0:38:30.0	0:38:21.4	9:35	6.2 MPH
87	1514 Nicole Erickson	W	33	12	F30-39 Auburn	ME	0:38:32.9	0:38:22.5	9:35	6.2 MPH
88	492 Sue Dubois	W	67	4	F60-69 Lewiston	ME	0:38:34.9	0:38:26.1	9:36	6.2 MPH
89	1481 Joan Tremberth	W	74	1	F70-79 Scarborough	ME	0:38:53.1	0:38:40.8	9:40	6.2 MPH
90	1500 Tom Dressler	M	37	14	M30-39 Old Orchard Beach	ME	0:39:10.1	0:39:00.1	9:45	6.1 MPH
91	1480 Melanie Bajc	W	43	10	F40-49 Scarborough	ME	0:39:28.2	0:39:17.7	9:49	6.1 MPH
92	2693 Andrew Reichl	M	27	4	M20-29 Scarborough	ME	0:39:30.1	0:39:11.7	9:47	6.1 MPH
93	1112 Garrin Bufo	M	29	5	M20-29 Portland	ME	0:39:32.0	0:39:15.9	9:48	6.1 MPH
94	489 Maureen Mennealy	W	60	5	F60-69 Sabattus	ME	0:39:46.9	0:39:35.4	9:53	6.0 MPH
95	1117 Yvette Nicol	W	52	5	F50-59 Newton	NH	0:40:04.2	0:40:00.6	10:00	5.9 MPH
96	1479 Lisa Anderson	W	51	6	F50-59 Sebago	ME	0:40:12.1	0:39:57.7	9:59	6.0 MPH
97	1118 Brandi Tobin	W	41	11	F40-49 Biddeford	ME	0:40:48.9	0:40:36.0	10:09	5.9 MPH
98	1452 Ervin Walker	M	60	6	M60-69 Poland	ME	0:40:49.2	0:40:38.8	10:09	5.9 MPH
99	1502 Breanna Allen	W	24	7	F20-29 Brookline	MA	0:40:51.5	0:40:41.1	10:10	5.8 MPH
100	1113 Jacqueline Carpenter	W	29	8	F20-29 Portland	ME	0:41:01.6	0:40:46.0	10:11	5.8 MPH
101	478 Rebecca Wylie	W	45	12	F40-49 Nobleboro	ME	0:41:07.2	0:40:49.9	10:12	5.8 MPH
102	1513 Matthew Gilbert	M	47	11	M40-49 South Portland	ME	0:41:10.3	0:41:03.8	10:15	5.8 MPH
103	1515 Marla Keefe	W	66	6	F60-69 Casco	ME	0:41:13.5	0:41:02.7	10:15	5.8 MPH
104	1129 Jill Roy	W	48	13	F40-49 Gorham	ME	0:41:17.1	0:41:09.8	10:17	5.8 MPH
105	1453 Nancy Walker	W	53	7	F50-59 Poland	ME	0:41:23.3	0:41:13.5	10:18	5.8 MPH
106	488 Bonnie Robbins	W	48	14	F40-49 Poland	ME	0:41:25.1	0:41:15.2	10:18	5.8 MPH
107	294 Tom Penner	M	58	9	M50-59 West Bridgewater	MA	0:41:40.5	0:41:31.1	10:22	5.7 MPH
108	1127 April Sither	W	38	13	F30-39 Scarborough	ME	0:42:59.3	0:42:42.9	10:40	5.6 MPH

109	479	Tom Bry and	M	67	7	M60-69 Biddeford	ME	0:43:03.5	0:42:50.4	10:42	5.6 MPH
110	498	Roland Sawyer	M	62	8	M60-69 Portland	ME	0:43:04.8	0:42:48.8	10:42	5.6 MPH
111	1115	Marie Webb	W	36	14	F30-39 North Waterboro	ME	0:43:16.0	0:42:56.3	10:44	5.5 MPH
112	1101	Natalie Fyfield	W	28	9	F20-29 Old Orchard Beach	ME	0:43:40.0	0:43:28.9	10:52	5.5 MPH
113	279	Cathy Burnie	W	71	2	F70-79 Cumberland	ME	0:43:49.8	0:43:41.7	10:55	5.4 MPH
114	1475	Jessica Dumais	W	43	15	F40-49 South Paris	ME	0:43:50.2	0:43:40.3	10:55	5.4 MPH
115	485	Sonya Durney	W	44	16	F40-49 East Waterboro	ME	0:43:56.0	0:43:39.1	10:54	5.4 MPH
116	491	Michael Lanois	M	62	9	M60-69 Lewiston	ME	0:44:40.6	0:44:28.8	11:07	5.3 MPH
117	2692	Charlie Reichl	M	64	10	M60-69 Scarborough	ME	0:44:43.4	0:44:24.9	11:06	5.4 MPH
118	1122	Kelly Danner	W	35	15	F30-39 Rochester	NH	0:45:06.7	0:44:50.1	11:12	5.3 MPH
119	1146	Unknown Runner	M	-1	*	Old Orchard Beach	ME	0:45:11.7	0:44:59.8	11:14	5.3 MPH
120	480	Jeanne Bry and	W	65	7	F60-69 Biddeford	ME	0:46:01.5	0:45:48.1	11:27	5.2 MPH
121	1497	Deborah Knight	W	62	8	F60-69 Worcester	MA	0:46:09.2	0:45:50.8	11:27	5.2 MPH
122	2696	Kerri Haskins	W	48	17	F40-49 Danville	NH	0:46:17.3	0:46:02.7	11:30	5.2 MPH
123	497	Kane Loukas	M	63	11	M60-69 Windham	ME	0:46:52.7	0:46:36.3	11:39	5.1 MPH
124	1478	Michelle Joubert	W	41	18	F40-49 Limerick	ME	0:46:54.5	0:46:33.7	11:38	5.1 MPH
125	494	Lisa Ouellette	W	51	8	F50-59 Lewiston	ME	0:47:00.1	0:46:48.0	11:42	5.1 MPH
126	1467	William Peters	M	57	10	M50-59 Manchester	NH	0:47:01.4	0:46:46.8	11:41	5.1 MPH
127	1499	Gregory Welch	M	68	12	M60-69 South Portland	ME	0:47:02.3	0:46:47.0	11:41	5.1 MPH
128	1488	Joan Wright	W	66	9	F60-69 Limerick	ME	0:47:39.2	0:47:25.3	11:51	5.0 MPH
129	1517	Clementine Hall	W	5	4	F01-14 Bremen	ME	0:50:12.5	0:50:10.4	12:32	4.7 MPH
130	1516	Michael Hall	M	53	11	M50-59 Bremen	ME	0:50:14.1	0:50:12.3	12:33	4.7 MPH
131	1454	Poppy Hiser	W	48	19	F40-49 Cape Elizabeth	ME	0:50:30.4	0:50:17.7	12:34	4.7 MPH
132	1109	Gene Longobardi	M	54	12	M50-59 South Portland	ME	0:50:57.1	0:50:36.7	12:39	4.7 MPH
133	1489	Jessica Gillette	W	39	16	F30-39 Sanford	ME	0:51:05.9	0:50:50.5	12:42	4.7 MPH
134	1140	Rebecca Lilley	W	61	10	F60-69 Scarborough	ME	0:51:15.0	0:51:01.9	12:45	4.7 MPH
135	1463	Jena Henry	W	25	10	F20-29 Saco	ME	0:51:26.8	0:51:19.6	12:49	4.6 MPH
136	283	Stephen Semo	M	51	13	M50-59 Hollis Center	ME	0:51:36.6	0:51:20.1	12:50	4.6 MPH
137	282	Vanessa Russell	W	45	20	F40-49 Greenfield	MA	0:51:38.0	0:51:38.0	12:54	4.6 MPH
138	281	Gary Russell	M	58	14	M50-59 Greenfield	MA	0:51:38.3	0:51:22.6	12:50	4.6 MPH
139	481	Peggy Littlefield	W	55	9	F50-59 Portland	ME	0:52:20.1	0:51:59.1	12:59	4.6 MPH
140	482	Dan Barker	M	66	13	M60-69 Cape Elizabeth	ME	0:52:27.4	0:52:06.4	13:01	4.6 MPH
141	1143	Unknown Runner	M	-1	*	Old Orchard Beach	ME	0:54:03.6	0:53:57.0	13:29	4.4 MPH
142	1496	Jonathan Knight	M	63	14	M60-69 Worcester	MA	0:54:05.9	0:53:47.1	13:26	4.4 MPH
143	292	Rebecca Tracy	W	65	11	F60-69 Raymond	ME	0:54:26.2	0:54:14.8	13:33	4.4 MPH
144	1506	Daniel Dodson	M	75	2	M70-79 New ton	NH	0:59:22.6	0:59:08.3	14:47	4.0 MPH
145	1487	Holly Aly	W	51	10	F50-59 Hampton	NH	1:07:19.8	1:07:02.7	16:45	3.5 MPH
146	1473	Jayme Ferree	W	34	17	F30-39 Scarborough	ME	1:08:13.5	1:07:50.5	16:57	3.5 MPH
147	1145	Unknown Runner	M	-1	*	Old Orchard Beach	ME	1:08:13.5	1:07:50.6	16:57	3.5 MPH
148	2690	Kaisa Fransson	W	69	12	F60-69 Gray	ME	1:08:17.8	1:07:50.0	16:57	3.5 MPH
149	1110	Annie Boissevain	W	58	11	F50-59 Gray	ME	1:08:35.7	1:08:08.2	17:02	3.5 MPH
150	293	Mike Brooks	M	74	3	M70-79 Lewiston	ME	1:09:07.5	1:08:39.7	17:09	3.4 MPH
151	2686	Beth Birch	W	78	3	F70-79 Falmouth	ME	1:09:08.9	1:08:41.0	17:10	3.4 MPH
152	1491	Joe Yarmala	M	70	4	M70-79 Bowdoinham	ME	1:14:38.6	1:14:19.3	18:34	3.2 MPH

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