

Lake Park 5K Series - Race 4

Lake Quinsigamond State Park

Worcester, MA

July 23, 2024

Weather - Cloudy, 75°.

PLACE	TIME	NAME	Div/Tot	AGE	TOWN	CLUB	BIB #
1	18:48	Chris Pickett	1/2	M0-19	Holden		239
2	19:55	Paul Kamuzora	1/8	M40-49	Northborough	CMS	241
3	20:04	Josh Curtis	2/8	M40-49	Worcester	CMS	235
4	20:58	Rick Lane	3/8	M40-49	Worcester	CMS	263
5	21:15	Paul McNeil	4/8	M40-49	Worcester	CMS	232
6	22:27	Matt Zaterka	1/10	M50-59	Paxton	CMS	271
7	22:37	Adam Nabulsi	1/8	M20-39	Brookline	CMS	274
8	22:42	Peter Welland	2/10	M50-59	Shrewsbury	CMS	279
9	23:00	Sarah Nelson	1/8	F20-39	Clinton	CMS	250
10	23:00	Matt Reedich	2/8	M20-39	Clinton	CMS	251
11	23:21	Dan Zinkus	3/8	M20-39	Worcester	CMS	281
12	23:38	Matt Millett	5/8	M40-49	Spencer	CMS	248
13	23:39	Kevin Crossman	4/8	M20-39	Boylston	CMS	249
14	24:04	John Pajer	1/7	M60-69	Leicester	CMS	236
15	24:46	Vin Garofoli	2/7	M60-69	Worcester	CMS	247
16	25:07	James Morrissey	3/10	M50-59	W Boylston	CMS	243
17	25:11	Joel Chrisco	6/8	M40-49	Shrewsbury	CMS	283
18	25:12	Max Morrissey	5/8	M20-39	Shrewsbury	CMS	258
19	25:14	Jess Howland	1/2	F40-49	Worcester	CMS	260
20	25:29	James Dowd	7/8	M40-49	Worcester	CMS	266
21	25:30	Stephen Carrier	4/10	M50-59	Lancaster	CMS	242
22	25:33	Jim Hehir	3/7	M60-69	Worcester	CMS	240
23	25:39	Elliot Beane	2/8	F20-39	Worcester	CMS	269
24	25:50	Cheryl Bechunas	1/1	F50-59	Sutton	CMS	265
25	26:04	Nancy Ryan	1/4	F60-69	Sutton	CMS	238
26	26:19	Dave Larrabee	5/10	M50-59	Shrewsbury	CMS	0:30 Late Start - 25:49
27	26:29	Grace Naylor	3/8	F20-39	Worcester	CMS	237
28	26:29	Mike Lynch	4/7	M60-69	Worcester	CMS	253
29	26:48	Dahlia Welland	1/3	F0-19	Shrewsbury	CMS	280
30	26:53	Rosanna Gessell-Larson	4/8	F20-39	Worcester	CMS	282
31	27:08	Alexis Violette	5/8	F20-39	Webster	CMS	262
32	27:46	Erica Scholl	6/8	F20-39	Worcester		255
33	27:47	Filiz Korkmez	7/8	F20-39	Worcester		270
34	27:53	Michelle Bourget	8/8	F20-39	Brimfield	CMS	245
35	28:11	Cathy Downing	2/4	F60-69	Webster	CMS	233
36	28:50	Bill Campbell	8/8	M40-49	Holden	CMS	277
37	29:05	John Shepardson	6/10	M50-59	Worcester	CMS	264
38	29:16	Dave Krom	5/7	M60-69	Worcester	CMS	254
39	29:38	Sarah Cormier	2/2	F40-49	Northborough	CMS	261
40	29:52	Bob Brady	1/1	M70+	Worcester	CMS	259
41	31:35	Karim Saunders	7/10	M50-59	Worcester	CMS	284
42	31:38	Tim Freeman	6/8	M20-39	Southbridge		244
43	33:55	Pankaj Didwania	8/10	M50-59	Shrewsbury	CMS	252
44	34:31	Anthony Casella	7/8	M20-39	Charlton		256
45	35:20	Nick Shah	8/9	M20-39	Brighton		276
46	35:53	Nate Howe	9/10	M50-59	Marlboro	CMS	273
47	36:03	Karen Patalano	3/4	F60-69	Boylston	CMS	246
48	36:41	Marta Carlson	4/4	F60-69	Paxton	CMS	272
49	38:26	Al Morrissey	6/7	M60-69	Shrewsbury	CMS	257
50	41:12	Curt Downing	7/7	M60-69	Webster	CMS	234
51	41:24	Chloe Arlabosse	2/3	F0-19	Worcester		278
52	41:24	Marjorie Kolterjahn	3/3	F0-19	Berlin	CMS	267
53	47:53	Bill Gonsorcik	10/10	M50-59	Worcester	CMS	268
54	48:59	Robbie Tatro	2/2	M0-19	Worcester	CMS	275

RACE DIRECTORS: Steve Laska

VOLUNTEERS: Joe Alfano, Kim Gordon, Karen Pajer, Karen Lemerise, Paul Lemerise, Humbert Kilanowski, Jenn Gardner, Luca Calvani, Molly Riorden, Barabara McManus, Barbara Roach-Kyes, Zack Fitzsimmons, Kristen Fitzsimmons, Jack O'Reilly, Linda Marie Simmons, Linda Luthman, Meghan MacDonald, Matt Hall.

Timing and Scoring by Central Mass Striders www.cmsrun.org
 Corrections please e-mail centralmassstridersresults@gmail.com