

7/30/24 Lake Park 5K Winners - Week 5						
			OVERALL			
MALE			FEMALE			
Paul Kamuzora	19:47			Elliot Beane		1:20
			0-19			
				1. Dahlia Welland		27:49
			20-39			
1. Adam Nabulsi	23:07			1. Danielle Cotton		27:32
2. Alric Powell	24:50			2. Rosanna Gessel-Larson		29:21
3. David Latino	25:27			3. Erica Scholl		30:18
			40-49			
1. Rick Lane	21:30			1. Jess Howland		25:34
2. Paul McNeil	21:55			2. Sarah Cormier		30:32
3. Joselito Bonilla	22:04			3. Rachel Cox		34:05
			50-59			
1. David Catarius	19:55			1. Cheryl Bechunas		28:12
2. Rob Diaz	22:24					
3. Peter Welland	22:59					
			60-69			
1. John Pajer	24:27			1. Nancy Ryan		26:48
2. Lester Forgit	25:23			2. Cathy Downing		28:32
3. Jim Hehir	26:00			3. Marta Carlson		34:55
			70+			
1. Bob Brady	32:03			1. Katleen Russell		41:03