

**Herkimer ARC Heart and Sole 5K
Herkimer ARC**

09/08/2012

TNT Timing**Top Overall Finishers**

Place	Name	Bib	Age	Team/Hometown	Time
TOP MALE FINISHERS					
1	Downs, Matt	70	30	NEW HARTFORD NY	18:43.20
TOP FEMALE FINISHERS					
1	Lanza, Sharon	44	49	HERKIMER NY	24:05.84

Herkimer ARC Heart and Sole 5K

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TNT Timing

09/08/2012 -

Event # 1 MIXED 5K Run**FINALS**

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
FEMALE 11 - 19					
1	Kharla Gullis	88 F	12	Mohawk NY	26:36.0
2	Marissa Padula	65 F	14	FRANKFORT NY	29:13.4
3	Alyssa Napolitano	82 F	19	Herkimer NY	35:10.2
FEMALE 20 - 29					
1	Jessica Brewer	41 F	23	FRANKFORT NY	28:45.8
2	Stacy Buhaj	40 F	26	FRANKFORT NY	28:46.1
3	Kristen Guernsey	35 F	27	HERKIMER NY	28:48.8
FEMALE 30 - 39					
1	Lisa Pumilo/yerina	60 F	39	ILION NY	24:29.2
2	Christina Anderson	15 F	37	ROME NY	26:42.8
3	Jessica Manieri	26 F	35	HERKIMER NY	28:52.0
FEMALE 40 - 49					
1	Robin Harrigan	80 F	46	Ilion NY	28:27.9
2	Dodi Stewart	87 F	41	Mohawk NY	28:59.4
3	Ramona Gassman	31 F	44	LITTLE FALLS NY	29:09.0
FEMALE 50 - 59					
1	Ann Lewicki	69 F	54	HARTIWICK NY	25:32.3
2	Sue Tucker	66 F	52	ILION NY	27:21.2
3	Chris Frost	91 F	57	Herkimer NY	27:24.5
FEMALE 60 - 98					
1	Dawn Zitoli	72 F	61	LITTLE FALLS NY	35:32.0
2	Dorothy Massinger	53 F	61	HERKIMER NY	36:04.2
MALE 11 - 19					
1	Erich Lanza	45 M	15	HERKIMER NY	20:47.4
2	Sean Turner	21 M	17	HERKIMER NY	21:09.0
3	Nicholas A. Netti	14 M	16	HERKIMER NY	22:23.7
MALE 20 - 29					
1	Ryan Turner	19 M	21	HERKIMER NY	22:51.1
2	Josh Lanza	81 M	20	Herkimer NY	26:39.4
3	Joe Sterling	78 M	23	Ilion NY	42:31.6
MALE 30 - 39					
1	David Shue	28 M	35	CLINTON NY	19:24.6
2	Frank Yerina	59 M	33	ILION NY	20:26.3
3	Francis A Peruzzi	50 M	35	HERKIMER NY	21:04.7

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Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
MALE 40 - 49					
1	Paul Turner	20	M	46 HERKIMER NY	21:12.8
2	Joe Deangelo	84	M	48 Ilion NY	22:10.9
3	Joseph Mead	27	M	46 MOHAWK NY	23:14.8
MALE 50 - 59					
1	Kevin Crosley	10	M	53 CLINTON NY	24:21.1
2	Randy Siri	52	M	55 LITTLE FALLS NY	24:43.7
3	Rob Ichihara	77	M	59 Herkimer NY	25:47.7
MALE 60 - 98					
1	Jim Roach	11	M	68 ILION NY	24:51.3
2	Francis J Peruzzi	49	M	61 HERKIMER NY	27:22.0
3	Joe Madeira	58	M	71 SCHUYLER NY	31:09.6