



Iroquois Foundation 4 Mile

11/13/2022

Results 4 Mile Run

| PLACE ALL | FINISH TIME | BIB# | NAME | RESIDENCE | CATEGORY | PLACE IN: | | Pace | Age Adjusted | |
|--------------|----------------|------|-----------------------|---------------|--------------------|-----------|-------|-------|--------------|--------|
| | | | | | | Gender | Group | | Time | % |
| 1 | 0:24:03 | 3604 | Silliman, Joe | West Seneca | NY Males 45-49 | 1/39 | 6 | 06:01 | 0:21:44 | 77.75% |
| 2 | 0:24:10 | 3606 | Smykal, Christopher | Orchard Park | NY Males 40-44 | 2/39 | 1/2 | 06:03 | 0:22:31 | 75.03% |
| 3 | 0:27:39 | 3608 | Stanczewski, Logan | East Aurora | NY Males 15-19 | 3/39 | 1/3 | 06:55 | 0:26:42 | 63.29% |
| 4 | 0:27:40 | 3607 | Stanczewski, Chase | East Aurora | NY Males 14 and un | 4/39 | 1/5 | 06:55 | 0:26:13 | 64.46% |
| 5 | 0:28:15 | 3582 | Kain, Peter | Orchard Park | NY Males 40-44 | 5/39 | 2/2 | 07:04 | 0:26:08 | 64.66% |
| 6 | 0:28:18 | 3610 | Stier, Allayva | Buffalo | NY Female 30-34 | S 1/35 | 3 | 07:05 | 0:28:11 | 68.14% |
| 7 | 0:29:12 | 3638 | Subject, Melissa | | NY Female 40-44 | 2/35 | 1/11 | 07:18 | 0:28:14 | 68.04% |
| 8 | 0:29:23 | 3565 | Cimini, Robert | East Aurora | NY Males 50-54 | 6/39 | 1/3 | 07:21 | 0:25:32 | 66.19% |
| 9 | 0:29:34 | 3626 | Wert, Carrie | Buffalo | NY Female Staff/Al | 3/35 | 1/1 | 07:23 | 0:27:58 | 68.66% |
| 10 | 0:29:58 | 3625 | Ward, Joshua | East Aurora | NY Males 20-24 | 7/39 | 1/1 | 07:30 | 0:29:58 | 56.40% |
| 11 | 0:30:05 | 3628 | Loftin, Kieran | | NY Males 15-19 | 8/39 | 2/3 | 07:31 | 0:29:28 | 57.34% |
| 12 | 0:30:11 | 3569 | Douglas, Adam | East Amherst | NY Males 50-54 | 9/39 | 2/3 | 07:33 | 0:25:48 | 65.49% |
| 13 | 0:30:13 | 3629 | Murch, James | Kirkland | OH Males 15-19 | 10/39 | 3/3 | 07:33 | 0:29:58 | 56.43% |
| 14 | 0:30:13 | 3581 | Jarnot, Erin M | Orchard Park | NY Female 40-44 | S 4/35 | 2/11 | 07:33 | 0:29:01 | 66.13% |
| 15 | 0:30:28 | 3635 | Brotz, Richard | Cheektowaga | NY Males 65-69 | 11/39 | 1/5 | 07:37 | 0:23:42 | 71.28% |
| 16 | 0:30:33 | 3574 | George, Dan | East Aurora | NY Males 35-39 | 12/39 | 1/3 | 07:38 | 0:29:32 | 57.23% |
| 17 | 0:30:50 | 3622 | Wagner, Nicole | East Aurora | NY Female 40-44 | 5/35 | 3/11 | 07:42 | 0:29:59 | 64.00% |
| 18 | 0:30:51 | 3627 | Zaremski, Adam | East Aurora | NY Males 35-39 | 13/39 | 2/3 | 07:43 | 0:29:49 | 56.67% |
| 19 | 0:30:53 | 3597 | Rizzo, Danielle | Elma | NY Female 40-44 | 6/35 | 4/11 | 07:43 | 0:29:27 | 65.19% |
| 20 | 0:31:07 | 3566 | Cole, James | East Aurora | NY Male Staff/Alum | 14/39 | 1/1 | 07:47 | 0:23:47 | 71.08% |
| 21 | 0:31:18 | 3596 | Reimer, Tara | East Aurora | NY Female 45-49 | S 7/35 | 1/5 | 07:50 | 0:28:30 | 67.36% |
| 22 | 0:33:20 | 3616 | Vaillancourt, Brad | Elma | NY Males 45-49 | 15/39 | 1/6 | 08:20 | 0:30:36 | 55.25% |
| 23 | 0:33:20 | 3621 | Vaillancourt, Vincent | Elma | NY Males 14 and un | 16/39 | 2/5 | 08:20 | 0:31:35 | 53.50% |
| 24 | 0:33:37 | 3634 | Perel, Nelson | Lancaster | NY Males 60-64 | 17/39 | 1/4 | 08:24 | 0:26:38 | 63.46% |
| 25 | 0:33:39 | 3570 | Farquhar, Russ | Elma | NY Males 35-39 | 18/39 | 3/3 | 08:25 | 0:32:18 | 52.35% |
| 26 | 0:34:37 | 3595 | Quagliana, Samuel | Cheektowaga | NY Males 25-29 | 19/39 | 1/3 | 08:39 | 0:34:37 | 48.82% |
| 27 | 0:34:43 | 3601 | Romagnuolo, Matthew | East Aurora | NY Male Veterans | 20/39 | 1/1 | 08:41 | 0:30:24 | 55.59% |
| 28 | 0:34:44 | 3562 | Carter, Bruce | Depew | NY Males 65-69 | 21/39 | 2/5 | 08:41 | 0:26:18 | 64.25% |
| 29 | 0:34:47 | 3584 | Kurzdorfer, James | Depew | NY Males 25-29 | 22/39 | 2/3 | 08:42 | 0:34:47 | 48.59% |
| 30 | 0:34:51 | 3592 | Moscato, John | Clarence | NY Males 45-49 | 23/39 | 2/6 | 08:43 | 0:31:44 | 53.23% |
| 31 | 0:35:29 | 3559 | Campbell, Brian | Welland | ON Males 75-79 | 24/39 | 1/1 | 08:52 | 0:24:04 | 70.22% |
| 32 | 0:35:31 | 3594 | Orrange, Thomas | Glenwood | NY Males 50-54 | 25/39 | 3/3 | 08:53 | 0:31:21 | 53.87% |
| 33 | 0:35:46 | 3631 | Roden, John | West Falls | NY Males 60-64 | 26/39 | 2/4 | 08:57 | 0:28:50 | 58.62% |
| 34 | 0:36:21 | 3560 | Campbell, Jill | Welland | ON Female 60-64 | 8/35 | 1/2 | 09:05 | 0:28:00 | 68.55% |
| 35 | 0:36:25 | 3555 | Aigner, Melissa | Elma | NY Female 45-49 | S 9/35 | 2/5 | 09:06 | 0:33:31 | 57.30% |
| 36 | 0:37:23 | 3572 | Gage, Kaitlin R | Silver Creek | NY Female 25-29 | 10/35 | 1/3 | 09:21 | 0:37:23 | 51.36% |
| 37 | 0:37:29 | 3563 | Carter, Jill | Depew | NY Female 40-44 | 11/35 | 5/11 | 09:22 | 0:35:28 | 54.16% |
| 38 | 0:37:52 | 3605 | Skeels, Corinne V | Forestville | NY Female 40-44 | 12/35 | 6/11 | 09:28 | 0:36:37 | 52.46% |
| 39 | 0:37:59 | 3619 | Vaillancourt, Steven | Elma | NY Males 14 and un | 27/39 | 3/5 | 09:30 | 0:23:00 | 73.45% |
| 40 | 0:37:59 | 3617 | Vaillancourt, David | Tonawanda | NY Males 45-49 | 28/39 | 3/6 | 09:30 | 0:34:20 | 49.23% |
| 41 | 0:38:10 | 3630 | Walker, John | Williamsville | NY Males 65-69 | 29/39 | 3/5 | 09:32 | 0:29:10 | 57.95% |
| 42 | 0:38:14 | 3639 | Treadwell, Tom | Elma | NY Males 55-59 | 30/39 | 1/1 | 09:34 | 0:32:09 | 52.57% |
| 43 | 0:38:16 | 3609 | Stanczewski, Ryan | East Aurora | NY Males 14 and un | 31/39 | 4/5 | 09:34 | 0:33:17 | 50.78% |
| 44 | 0:39:06 | 3623 | Warchocki, Sheila | Elma | NY Female 45-49 | S 13/35 | 3/5 | 09:47 | 0:36:20 | 52.86% |

4 Mile Run

| PLACE ALL | FINISH TIME | BIB# | NAME | RESIDENCE | CATEGORY | PLACE IN: | | | Age Adjusted | | |
|--------------|----------------|------|-----------------------|---------------|--------------------|-----------|---------------|-------|--------------|--------|--|
| | | | | | | Gender | Group | Pace | Time | % | |
| 45 | 0:39:12 | 3624 | Ward, John | East Aurora | NY Males 60-64 | V | 32/ 39 3/ 4 | 09:48 | 0:30:47 | 54.93% | |
| 46 | 0:39:24 | 3633 | Palumbo, Gary | Williamsville | NY Males 65-69 | | 33/ 39 4/ 5 | 09:51 | 0:30:39 | 55.12% | |
| 47 | 0:39:27 | 3589 | Mccoys, Colleen | East Aurora | NY Female 55-59 | S | 14/ 35 1/ 2 | 09:52 | 0:32:46 | 58.60% | |
| 48 | 0:39:27 | 3561 | Canfield, Elizabeth | Tonawanda | NY Female Veteran | | 15/ 35 1/ 1 | 09:52 | 0:39:25 | 48.71% | |
| 49 | 0:39:49 | 3611 | Szalay, Rachel | Bennington | NY Female 45-49 | | 16/ 35 4/ 5 | 09:57 | 0:36:15 | 52.95% | |
| 50 | 0:41:05 | 3614 | Takac, Samantha | Buffalo | NY Female 25-29 | S | 17/ 35 2/ 3 | 10:16 | 0:41:05 | 46.73% | |
| 51 | 0:41:44 | 3577 | Heineman, Megan | Alden | NY Female 30-34 | | 18/ 35 1/ 3 | 10:26 | 0:41:41 | 46.05% | |
| 52 | 0:42:46 | 3575 | Heftka, Collin | Lancaster | NY Males 14 and un | | 34/ 39 5/ 5 | 10:41 | 0:37:11 | 45.44% | |
| 53 | 0:42:48 | 3576 | Heftka, Kellie | Lancaster | NY Female 40-44 | | 19/ 35 7/ 11 | 10:42 | 0:41:38 | 46.11% | |
| 54 | 0:42:56 | 3637 | Aigner, Jason | Elma | NY Males 45-49 | | 35/ 39 4/ 6 | 10:44 | 0:38:30 | 43.91% | |
| 55 | 0:43:20 | 3578 | Hidalgo, Christina | Buffalo | NY Female 45-49 | | 20/ 35 5/ 5 | 10:50 | 0:40:16 | 47.69% | |
| 56 | 0:45:46 | 3603 | Sellan, Mary | Elma | NY Female 40-44 | | 21/ 35 8/ 11 | 11:26 | 0:43:38 | 43.99% | |
| 57 | 0:45:54 | 3588 | Mackenzie, Mac | Jamestown | NY Female 75-79 | | 22/ 35 1/ 1 | 11:29 | 0:27:34 | 69.68% | |
| 58 | 0:46:27 | 3586 | Leszak, Paula | Buffalo | NY Female 60-64 | | 23/ 35 2/ 2 | 11:37 | 0:35:20 | 54.36% | |
| 59 | 0:46:50 | 3583 | Krieger, Nicole | Tonawadatonaw | NY Female 50-54 | V | 24/ 35 1/ 3 | 11:43 | 0:41:14 | 46.55% | |
| 60 | 0:47:39 | 3636 | Sellen, David | | NY Males 45-49 | | 36/ 39 5/ 6 | 11:55 | 0:43:04 | 39.24% | |
| 61 | 0:50:02 | 3618 | Vaillancourt, Maureen | Elma | NY Female 40-44 | | 25/ 35 9/ 11 | 12:31 | 0:47:42 | 40.24% | |
| 62 | 0:50:04 | 3573 | Geis, Leah | Grand Island | NY Female 25-29 | | 26/ 35 3/ 3 | 12:31 | 0:50:04 | 38.35% | |
| 63 | 0:50:04 | 3612 | Takac, Andrew | Grand Island | NY Males 25-29 | S | 37/ 39 3/ 3 | 12:31 | 0:50:04 | 33.75% | |
| 64 | 0:51:36 | 3587 | Lucie, Michael | Lancaster | NY Males 60-64 | V | 38/ 39 4/ 4 | 12:54 | 0:40:31 | 41.73% | |
| 65 | 0:51:59 | 3632 | Bui, Trinh T | Buffalo | NY Female 40-44 | | 27/ 35 10/ 11 | 13:00 | 0:49:11 | 39.05% | |
| 66 | 0:52:48 | 3579 | Hollenbeck, Jordan | Boston | NY Female 30-34 | | 28/ 35 2/ 3 | 13:12 | 0:52:48 | 36.36% | |
| 67 | 0:53:19 | 3567 | Delaney, Laura | Buffalo | NY Female 40-44 | | 29/ 35 11/ 11 | 13:20 | 0:50:50 | 37.76% | |
| 68 | 0:54:10 | 3613 | Takac, Peg | Elma | NY Female 55-59 | S | 30/ 35 2/ 2 | 13:33 | 0:43:54 | 43.72% | |
| 69 | 0:55:23 | 3585 | Leszak, John | Buffalo | NY Males 65-69 | | 39/ 39 5/ 5 | 13:51 | 0:43:06 | 39.21% | |
| 70 | 0:56:36 | 3640 | Wiatrowski, Brooke | Elma | NY Female 14 and u | | 31/ 35 1/ 1 | 14:09 | 0:50:15 | 38.22% | |
| 71 | 1:11:25 | 3580 | Hollern, Lisa | Lancaster | NY Female 35-39 | S | 32/ 35 1/ 2 | 17:51 | 1:10:56 | 27.07% | |
| 72 | 1:11:26 | 3593 | Orrange, Kathryn | Glenwood | NY Female 50-54 | S | 33/ 35 2/ 3 | 17:52 | 1:03:37 | 30.19% | |
| 73 | 1:11:26 | 3571 | Forgione, Kristin | Elma | NY Female 35-39 | S | 34/ 35 2/ 2 | 17:52 | 1:09:51 | 27.48% | |
| 74 | 1:11:30 | 3558 | Bittner, Kristin | East Aurora | NY Female 50-54 | S | 35/ 35 3/ 3 | 17:53 | 1:01:32 | 31.21% | |