

**11<sup>th</sup> HELDERBERG SAP RUN 5K**  
**Knox Town Hall**  
**Knox, NY**  
**April 13, 2024**

**Results by White Knight Timing & Race Management**

**Overall Results**

Pl	Comp#	Name	Sex/Age	City/State	Time
1	299	Valvo, Noah	M25	Delanson, NY	18:08
2	274	Miedema, Christopher	M33	Pattersonville, NY	18:52
3	1169	Abraham, Joaquin	M15	Berne, NY	20:04
4	301	Wilber, Cowin	M15	Rensselaerville, NY	20:17
5	1174	Bradt, Christopher	M37	Delmar, NY	20:46
6	1193	Ford, Jakob	M14	Hannacroix, NY	20:51
7	1184	Corcoran, Clarence	M13	Greenville, NY	21:15
8	1187	Corcoran, Ian	M47	Greenville, NY	21:25
9	286	Roy, David	M69	Schoharie, NY	22:52
10	1183	Chicoine, Jason	M32	Rensselaer, NY	23:21
11	269	Lauterbach, Ada	W34	Ballston Spa, NY	23:44
12	1191	Crevatas, Ethan	M33	Bethlehem, NY	24:00
13	291	Slingerland, Apollo	M14	Berne, NY	24:25
14	277	Munson, Rick	M67	Prattsville, NY	24:35
15	261	Hausler, Jeffery	M43	East Berne, NY	25:56
16	268	Klapp, Kenneth	M74	Schenectady, NY	26:15
17	1196	Gallagher, Shea	W33	Clifton Park, NY	26:18
18	305	Benton, Nick	M21	Niskayuna, NY	26:25
19	1185	Corcoran, Evelyn	W15	Greenville, NY	26:56
20	276	Molloy, Emma	W42	East Durham, NY	27:04
21	273	Mentiply, Samantha	W15	Delanson, NY	27:18
22	285	Rockwell, Evan	M10	Altamont, NY	27:28
23	1192	Crevatas, Waishard	M12	Westerlo, NY	27:29
24	288	Schuttig, Dennis	M52	Central Bridge, NY	27:35
25	289	Schuttig, Katelynne	W22	Central Bridge, NY	27:51
26	290	Sells, Nate	M31	Altamont, NY	28:17
27	1189	Corcoran, Rebecca	W45	Greenville, NY	28:31
28	306	Kergel, Amanda	W41	Glenville, NY	28:51
29	294	Tannatta, Ava	W14	Selkirk, NY	28:53
30	1182	Chicoine, James	M64	Rensselaer, NY	29:40
31	1195	Gallagher, John	M36	Clifton Park, NY	29:47
32	896	Washco, Jacob	M8	Waterford, NY	29:59
33	898	Yule, Mickey	W41	Waterford, NY	30:26
34	1199	Halsdorf, Julie	W33	Duanesburg, NY	30:50
35	1198	Graffeo, Paul	M63	Albany, NY	31:10
36	897	Washco, Michael	M45	Waterford, NY	31:17
37	284	Reilly, Carmel	W49	East Durham, NY	31:38
38	1181	Cavanagh, AJ	M40	Altamont, NY	31:50
39	1188	Corcoran, Laurel	W7	Greenville, NY	32:55
40	1172	Baaki, Christian	M22	Amsterdam, NY	33:08
41	270	Lonergan, Corey	M30	Albany, NY	33:10
42	264	Hoehn, Kevin	M70	Rome, NY	33:54
43	275	Mills, Scott	M70	Cobleskill, NY	34:00
44	283	Pegaz, Emily	W26	Westerlo, NY	34:39
45	293	Tafur, Lucy	W28	Albany, NY	34:47
46	280	Padilla, Paige	W21	Valatie, NY	34:48
47	271	Marchione-Benedict, Garrett	M24	Valatie, NY	34:49
48	267	Kish, Jenifer	W50	Albany, NY	35:10

49	1175	Brown, Mackenzie	W21	Rensselaer, NY	35:44
50	1197	Garcia, Omar	M23	Rensselaer, NY	35:44
51	307	Kergel, Jeremy	M49	Glenville, NY	36:27
52	262	Hausler, Maci	W11	East Berne, NY	37:46
53	1186	Corcoran, Helen	W11	Greenville, NY	40:53
54	263	Hausler, William	M44	East Berne, NY	40:59
55	266	Jaskolka, Jennifer	W51	Ravena, NY	41:35
56	281	Pasquini, Sarah	W45	Berne, NY	42:22
57	295	Tannatta, Joe	M50	Selkirk, NY	43:16
58	296	Tannatta, Olivia	W12	Selkirk, NY	43:17
59	1179	Carpenter, Alice	W73	Delmar, NY	43:54
60	272	Mentiply, Donald	M48	Delanson, NY	45:13
61	303	Cyr, Emma	W18	Altamont, NY	45:29
62	1168	Abraham, Ashley	W43	Berne, NY	47:06
63	304	Hardymon, Meghan	W42	Berne, NY	47:06
64	302	Cyr, Darcy	W29	Altamont, NY	47:23
65	300	Vavasour, John	M75	Albany, NY	47:38
66	265	Hotopp, Ken	M89	Howes Cave, NY	47:43
67	1170	Abriel, Desmond	M6	East Berne, NY	48:58
68	1173	Bourgeois, Michele	W54	Green Island, NY	48:59
69	1171	Abriel, Everleigh	W5	East Berne, NY	49:15
70	298	Torrisi, MaryEllen	W42	Albany, NY	49:15
71	1176	Buono, Pamela	W66	Troy, NY	50:00
72	85	Johnston, Nancy	W78	Ballston Lake, NY	51:28

## Age Groups

Name	Sex/Age	City/State	Time
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Overall Results Women 5000 Run			
1	#269	Lauterbach, Ada W34 Ballston Spa, NY	23:44
Overall Results Men 5000 Run			
1	#299	Valvo, Noah M25 Delanson, NY	18:08
1-12 Results - Women 5000 Run			
1	#1188	Corcoran, Laurel W7 Greenville, NY	32:55
2	#262	Hausler, Maci W11 East Berne, NY	37:46
3	#1186	Corcoran, Helen W11 Greenville, NY	40:53
4	#296	Tannatta, Olivia W12 Selkirk, NY	43:17
5	#1171	Abriel, Everleigh W5 East Berne, NY	49:15
13-16 Results - Women 5000 Run			
1	#1185	Corcoran, Evelyn W15 Greenville, NY	26:56
2	#273	Mentiply, Samantha W15 Delanson, NY	27:18
3	#294	Tannatta, Ava W14 Selkirk, NY	28:53
17-19 Results - Women 5000 Run			
1	#303	Cyr, Emma W18 Altamont, NY	45:29
20-29 Results - Women 5000 Run			
1	#289	Schuttig, Katelynn W22 Central Bridge, NY	27:51
2	#283	Pegaz, Emily W26 Westerlo, NY	34:39
3	#293	Tafur, Lucy W28 Albany, NY	34:47
4	#280	Padilla, Paige W21 Valatie, NY	34:48
5	#1175	Brown, Mackenzie W21 Rensselaer, NY	35:44
6	#302	Cyr, Darcy W29 Altamont, NY	47:23
30-39 Results - Women 5000 Run			
1	#1196	Gallagher, Shea W33 Clifton Park, NY	26:18
2	#1199	Halsdorf, Julie W33 Duanesburg, NY	30:50

## 40-49 Results - Women 5000 Run

1	#276 Molloy, Emma	W42 East Durham, NY	27:04
2	#1189 Corcoran, Rebecca	W45 Greenville, NY	28:31
3	#306 Kergel, Amanda	W41 Glenville, NY	28:51
4	#898 Yule, Mickey	W41 Waterford, NY	30:26
5	#284 Reilly, Carmel	W49 East Durham, NY	31:38
6	#281 Pasquini, Sarah	W45 Berne, NY	42:22
7	#1168 Abraham, Ashley	W43 Berne, NY	47:06
8	#304 Hardyman, Meghan	W42 Berne, NY	47:06
9	#298 Torrisi, MaryEllen	W42 Albany, NY	49:15

## 50-59 Results - Women 5000 Run

1	#267 Kish, Jenifer	W50 Albany, NY	35:10
2	#266 Jaskolka, Jennifer	W51 Ravena, NY	41:35
3	#1173 Bourgeois, Michele	W54 Green Island, NY	48:59

## 60-69 Results - Women 5000 Run

1	#1176 Buono, Pamela	W66 Troy, NY	50:00
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## 70-99 Results - Women 5000 Run

1	#1179 Carpenter, Alice	W73 Delmar, NY	43:54
2	#85 Johnston, Nancy	W78 Ballston Lake, NY	51:28

## 1-12 Results - Men 5000 Run

1	#285 Rockwell, Evan	M10 Altamont, NY	27:28
2	#1192 Crevatas, Waishard	M12 Westerlo, NY	27:29
3	#896 Washco, Jacob	M8 Waterford, NY	29:59
4	#1170 Abriel, Desmond	M6 East Berne, NY	48:58

## 13-16 Results - Men 5000 Run

1	#1169 Abraham, Joaquin	M15 Berne, NY	20:04
2	#301 Wilber, Cowin	M15 Rensselaerville, NY	20:17
3	#1193 Ford, Jakob	M14 Hannacroix, NY	20:51
4	#1184 Corcoran, Clarence	M13 Greenville, NY	21:15
5	#291 Slingerland, Apoll	M14 Berne, NY	24:25

## 20-29 Results - Men 5000 Run

1	#305 Benton, Nick	M21 Niskayuna, NY	26:25
2	#1172 Baaki, Christian	M22 Amsterdam, NY	33:08
3	#271 Marchione-Benedict	M24 Valatie, NY	34:49
4	#1197 Garcia, Omar	M23 Rensselaer, NY	35:44

## 30-39 Results - Men 5000 Run

1	#274 Miedema, Christoph	M33 Pattersonville, NY	18:52
2	#1174 Bradt, Christopher	M37 Delmar, NY	20:46
3	#1183 Chicoine, Jason	M32 Rensselaer, NY	23:21
4	#1191 Crevatas, Ethan	M33 Bethlehem, NY	24:00
5	#290 Sells, Nate	M31 Altamont, NY	28:17
6	#1195 Gallagher, John	M36 Clifton Park, NY	29:47
7	#270 Lonergan, Corey	M30 Albany, NY	33:10

## 40-49 Results - Men 5000 Run

1	#1187 Corcoran, Ian	M47 Greenville, NY	21:25
2	#261 Hausler, Jeffery	M43 East Berne, NY	25:56
3	#897 Washco, Michael	M45 Waterford, NY	31:17
4	#1181 Cavanagh, AJ	M40 Altamont, NY	31:50
5	#307 Kergel, Jeremy	M49 Glenville, NY	36:27
6	#263 Hausler, William	M44 East Berne, NY	40:59
7	#272 Mentiply, Donald	M48 Delanson, NY	45:13

## 50-59 Results - Men 5000 Run

1	#288 Schuttig, Dennis	M52 Central Bridge, NY	27:35
2	#295 Tannatta, Joe	M50 Selkirk, NY	43:16

60-69 Results - Men 5000 Run

1	#286 Roy, David	M69 Schoharie, NY	22:52
2	#277 Munson, Rick	M67 Prattsville, NY	24:35
3	#1182 Chicoine, James	M64 Rensselaer, NY	29:40
4	#1198 Graffeo, Paul	M63 Albany, NY	31:10

70-99 Results - Men 5000 Run

1	#268 Klapp, Kenneth	M74 Schenectady, NY	26:15
2	#264 Hoehn, Kevin	M70 Rome, NY	33:54
3	#275 Mills, Scott	M70 Cobleskill, NY	34:00
4	#300 Vavasour, John	M75 Albany, NY	47:38
5	#265 Hotopp, Ken	M89 Howes Cave, NY	47:43