

**Helderberg 5K
Crupe Bozenkill Park
Altamont, NY
July 20, 2024**

Results compiled by White Knight Timing & Race Management

Pl	Comp#	Name	Sex/Age	City/State	Time
1	733	Mayer, Benjamin	M15	Altamont, NY	17:51
2	481	Maynard, Holden	M24	Schenectady, NY	18:30
3	706	Zieber, Jack	M16	Schenectady, NY	18:38
4	728	Stygar, Nick	M41	Altamont, NY	18:56
5	73	Sassatelli, Andrea	W14	Valley Falls, NY	19:38
6	482	Maynard, Steve	M49	Schenectady, NY	19:57
7	498	Ricciardi, Nick	M18	Pattersonville, NY	21:04
8	282	Venter, Ryan	M42	Glenmont, NY	21:14
9	726	Buerker, Shaun	M25	Guilderland, NY	21:23
10	708	Denham, Dr. Tom	M57	Delmar, NY	21:43
11	464	Funk, Nicholas	M25	Kinderhook, NY	22:02
12	66	Salerni, Paul	M68	Little Neck, NY	22:13
13	714	Moak, Mike	M67	Guilderland Center, NY	22:20
14	391	Zimmerman, Edith	W41	Rensselaerville, NY	22:21
15	495	Rehbit, Joe	M17	Schenectady, NY	22:26
16	494	Rehbit, Jason	M14	Schenectady, NY	22:28
17	715	Munson, Rick	M67	Prattsville, NY	22:45
18	451	Carle, Theo	M14	Albany, NY	23:12
19	457	Crevatas, Ethan	M34	Delmar, NY	23:15
20	712	Hyde, Estella	W16	Delanson, NY	23:23
21	447	Abraham, Joaquin	M15	Berne, NY	23:24
22	719	Soeller, Mike	M62	Voorheesville, NY	23:25
23	711	Hesler, Sarah	W53	Schenectady, NY	23:35
24	710	Hesler, Katharine	W22	Schenectady, NY	23:35
25	474	Lahiri, Paroma	W24	Troy, NY	23:45
26	486	Modoski, John	M56	Amsterdam, NY	23:50
27	734	Raymond, Sarah	W17	Troy, NY	23:54
28	713	Lowry, Ethan	M45	Delanson, NY	24:31
29	80	Segreto, Anthony	M28	Pattersonville, NY	24:43
30	470	Higgins, Benjamin	M34	Bellefonte, PA	24:48
31	186	Sornberger, Kacey	W49	Schenectady, NY	24:48
32	483	Mentiply, Samantha	W15	Delanson, NY	24:51
33	492	Piccolo, Christian	M50	Glenmont, NY	25:05
34	466	Hallahan, Teagan	W38	Altamont, NY	25:11
35	485	Miller, Don	M69	Port Orange, FL	25:22
36	479	Lowry, Anna	W15	Duanesburg, NY	25:38
37	126	Sells, Nathaniel	M31	Altamont, NY	25:59
38	729	Fiori, Vince	M58	Halfmoon, NY	26:04
39	372	Washco, Jacob	M8	Waterford, NY	26:11
40	420	Washco, Melissa	W40	Waterford, NY	26:11
41	448	Armstrong, Walter	M46	Sloansville, NY	26:24
42	725	Bates, Kyle	M36	Berne, NY	26:41
43	127	Shah, Tiki	M35	Albany, NY	27:05
44	496	Rehbit, Rachel	W41	Schenectady, NY	27:09
45	484	Middelkoop, Alex	W16	Schenectady, NY	27:18
46	278	Trafton, Lisa	W62	Cornwallville, NY	27:19
47	736	Mead, Bob	M75	East Greenbush, NY	27:26
48	78	Sassatelli, John	M49	Valley Falls, NY	27:36
49	478	Lowell, Lia	W40	Troy, NY	27:43
50	458	Crevatas, Waishard	M13	Westerlo, NY	27:47
51	370	Wagner, Weston	M8	Berlin, NY	27:57
52	718	Sheward, Justin	M35	Schenectady, NY	28:08

53	468	Hart, Ashley	W40	Albany, NY	28:15
54	467	Halsdorf, Julie	W34	Duanesburg, NY	28:25
55	153	Silverberg, Steven	M66	Schenectady, NY	28:35
56	493	Pinchuk, Lianne	W48	Delmar, NY	28:38
57	707	Bennett, Richard	M72	Clifton Park, NY	28:41
58	453	Caruso, Heather	W48	Albany, NY	28:58
59	369	Wagner, Ross	M38	Berlin, NY	28:59
60	489	Mounteer, John	M70	Hollywood, FL	29:25
61	222	Tanner, Stacy	W44	Altamont, NY	29:37
62	465	Graffeo, Paul	M63	Albany, NY	29:54
63	460	Diamond, Michael	M29	Amsterdam, NY	29:58
64	65	Rodriguez, Lorenzo	M27	Amsterdam, NY	29:58
65	463	Doyle, Tim	M54	East Greenbush, NY	29:59
66	188	Sweeney, Benjamin	M34	Albany, NY	30:46
67	490	Pegaz, Emily	W27	Westerlo, NY	30:53
68	279	Trafton, Sarah	W28	Cornwallville, NY	31:09
69	491	Pensabene, Charles	M34	East Greenbush, NY	31:37
70	477	Lombardi, Kelli	W32	Middleburgh, NY	31:38
71	500	Rockmacher, Stephen	M59	Niskayuna, NY	31:48
72	731	Kingston, Joanne	W58	Feura Bush, NY	31:57
73	735	Raymond, Christina	W53	Troy, NY	32:05
74	185	Simpson, Liv	W21	Altamont, NY	32:19
75	454	Celello, Michele	W57	East Greenbush, NY	32:45
76	47	Rockwell, Evan	M11	Altamont, NY	33:11
77	497	Reilly, Carmel	W50	East Durham, NY	33:20
78	727	Milstein, Susan	W68	Menands, NY	33:22
79	74	Sassatelli, Jeanette	W49	Valley Falls, NY	33:33
80	722	Bates, Kallie	W11	Berne, NY	33:35
81	419	Washco, Madelyn	W8	Waterford, NY	34:05
82	421	Washco, Michael	M45	Waterford, NY	34:13
83	469	Heitzman, Tristen	M22	Berne, NY	34:15
84	721	Bates, Erika	W35	Berne, NY	34:26
85	724	Bates, Kellen	M8	Berne, NY	36:06
86	716	Segreto, Ken	M52	East Greenbush, NY	36:17
87	717	Segreto, Krista	W53	East Greenbush, NY	36:22
88	461	DiPierro, Leo	M74	Cherry Plain, NY	36:43
89	709	Dinkin, Jesse	M77	Schenectady, NY	37:17
90	456	Coryell, Barbara	W57	Ravena, NY	37:19
91	473	Klim, Susan	W69	Altamont, NY	37:25
92	499	Rockmacher, Stephanie	W58	Niskayuna, NY	38:01
93	723	Bates, Keegan	M14	Berne, NY	38:12
94	732	Beauharnois, Thomas	M12	Delanson, NY	38:24
95	462	Downey, Pete	M61	Albany, NY	38:27
96	488	Moore, Jim	M84	Niskayuna, NY	40:08
97	452	Carpenter, Alice	W74	Delmar, NY	40:09
98	459	Damore, Gerard	M44	Watervliet, NY	40:57
99	720	Vavasour, John	M75	Albany, NY	41:11
100	730	Hardymon, Meghann	W42	Berne, NY	43:30
101	446	Abraham, Ashley	W44	Berne, NY	43:30
102	450	Buono, Pam	W67	Troy, NY	44:04
103	471	Hotopp, Ken	M90	Howes Cave, NY	45:06
104	480	Luneau, Deanna	W24	Pattersonville, NY	45:26
105	204	Lee Jr, Ray	M82	Halfmoon, NY	46:23
106	254	Torgersen, Jennifer	W48	Albany, NY	50:49
107	472	Johnston, Nancy	W78	Ballston Lake, NY	50:50
108	449	Bascom, Brielle	W7	Madison, CT	58:04
109	455	Cerone, Alexandra	W33	Altamont, NY	58:04

Walk Division

Pl	Comp#	Name	Sex/Age	City/State	Time
1	1187	Capece, Denise	W56	Colonie, NY	46:57
2	1189	Bascom, Tina	W64	Madison, CT	47:47
3	899	Chapman, James	M27	Latham, NY	51:25
4	1188	Capece, Gina	W27	Colonie, NY	1:00:18

Age Groups

Pl	Name	Sex/Age	City/State	Time
Overall Results Women 5000 Run				
1	#73 Sassatelli, Andrea	W14	Valley Falls, NY	19:38
Overall Results Men 5000 Run				
1	#733 Mayer, Benjamin	M15	Altamont, NY	17:51
1-12 Results - Women 5000 Run				
1	#722 Bates, Kallie	W11	Berne, NY	33:35
2	#419 Washco, Madelyn	W8	Waterford, NY	34:05
3	#449 Bascom, Brielle	W7	Madison, CT	58:04
13-16 Results - Women 5000 Run				
1	#712 Hyde, Estella	W16	Delanson, NY	23:23
2	#483 Mentiply, Samantha	W15	Delanson, NY	24:51
3	#479 Lowry, Anna	W15	Duanesburg, NY	25:38
4	#484 Middelkoop, Alex	W16	Schenectady, NY	27:18
17-19 Results - Women 5000 Run				
1	#734 Raymond, Sarah	W17	Troy, NY	23:54
20-24 Results - Women 5000 Run				
1	#710 Hesler, Katharine	W22	Schenectady, NY	23:35
2	#474 Lahiri, Paroma	W24	Troy, NY	23:45
3	#185 Simpson, Liv	W21	Altamont, NY	32:19
4	#480 Luneau, Deanna	W24	Pattersonville, NY	45:26
25-29 Results - Women 5000 Run				
1	#490 Pegaz, Emily	W27	Westerlo, NY	30:53
2	#279 Trafton, Sarah	W28	Cornwallville, NY	31:09
30-34 Results - Women 5000 Run				
1	#467 Halsdorf, Julie	W34	Duanesburg, NY	28:25
2	#477 Lombardi, Kelli	W32	Middleburgh, NY	31:38
3	#455 Cerone, Alexandra	W33	Altamont, NY	58:04
35-39 Results - Women 5000 Run				
1	#466 Hallahan, Teagan	W38	Altamont, NY	25:11
2	#721 Bates, Erika	W35	Berne, NY	34:26
40-44 Results - Women 5000 Run				
1	#391 Zimmerman, Edith	W41	Rensselaerville, NY	22:21
2	#420 Washco, Melissa	W40	Waterford, NY	26:11
3	#496 Rehbit, Rachel	W41	Schenectady, NY	27:09
4	#478 Lowell, Lia	W40	Troy, NY	27:43
5	#468 Hart, Ashley	W40	Albany, NY	28:15
6	#222 Tanner, Stacy	W44	Altamont, NY	29:37
7	#730 Hardyman, Meghann	W42	Berne, NY	43:30
8	#446 Abraham, Ashley	W44	Berne, NY	43:30

45-49 Results - Women 5000 Run

1	#186 Sornberger, Kacey	W49 Schenectady, NY	24:48
2	#493 Pinchuk, Lianne	W48 Delmar, NY	28:38
3	#453 Caruso, Heather	W48 Albany, NY	28:58
4	#74 Sassatelli, Jeanet	W49 Valley Falls, NY	33:33
5	#254 Torgersen, Jennife	W48 Albany, NY	50:49

50-54 Results - Women 5000 Run

1	#711 Hesler, Sarah	W53 Schenectady, NY	23:35
2	#735 Raymond, Christina	W53 Troy, NY	32:05
3	#497 Reilly, Carmel	W50 East Durham, NY	33:20
4	#717 Segreto, Krista	W53 East Greenbush, NY	36:22

55-59 Results - Women 5000 Run

1	#731 Kingston, Joanne	W58 Feura Bush, NY	31:57
2	#454 Celello, Michele	W57 East Greenbush, NY	32:45
3	#456 Coryell, Barbara	W57 Ravena, NY	37:19
4	#499 Rockmacher, Stepha	W58 Niskayuna, NY	38:01

60-64 Results - Women 5000 Run

1	#278 Trafton, Lisa	W62 Cornwallville, NY	27:19
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65-69 Results - Women 5000 Run

1	#727 Milstein, Susan	W68 Menands, NY	33:22
2	#473 Klim, Susan	W69 Altamont, NY	37:25
3	#450 Buono, Pam	W67 Troy, NY	44:04

70-74 Results - Women 5000 Run

1	#452 Carpenter, Alice	W74 Delmar, NY	40:09
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75-79 Results - Women 5000 Run

1	#472 Johnston, Nancy	W78 Ballston Lake, NY	50:50
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1-12 Results - Men 5000 Run

1	#372 Washco, Jacob	M8 Waterford, NY	26:11
2	#370 Wagner, Weston	M8 Berlin, NY	27:57
3	#47 Rockwell, Evan	M11 Altamont, NY	33:11
4	#724 Bates, Kellen	M8 Berne, NY	36:06
5	#732 Beauharnois, Thoma	M12 Delanson, NY	38:24

13-16 Results - Men 5000 Run

1	#706 Zieber, Jack	M16 Schenectady, NY	18:38
2	#494 Rehbit, Jason	M14 Schenectady, NY	22:28
3	#451 Carle, Theo	M14 Albany, NY	23:12
4	#447 Abraham, Joaquin	M15 Berne, NY	23:24
5	#458 Crevatas, Waishard	M13 Westerlo, NY	27:47
6	#723 Bates, Keegan	M14 Berne, NY	38:12

17-19 Results - Men 5000 Run

1	#498 Ricciardi, Nick	M18 Pattersonville, NY	21:04
2	#495 Rehbit, Joe	M17 Schenectady, NY	22:26

20-24 Results - Men 5000 Run

1	#481 Maynard, Holden	M24 Schenectady, NY	18:30
2	#469 Heitzman, Tristen	M22 Berne, NY	34:15

25-29 Results - Men 5000 Run

1	#726 Buerker, Shaun	M25 Guilderland, NY	21:23
2	#464 Funk, Nicholas	M25 Kinderhook, NY	22:02
3	#80 Segreto, Anthony	M28 Pattersonville, NY	24:43
4	#460 Diamond, Michael	M29 Amsterdam, NY	29:58
5	#65 Rodriguez, Lorenzo	M27 Amsterdam, NY	29:58

30-34 Results - Men 5000 Run

1	#457 Crevatas, Ethan	M34 Delmar, NY	23:15
2	#470 Higgins, Benjamin	M34 Bellefonte, PA	24:48
3	#126 Sells, Nathaniel	M31 Altamont, NY	25:59
4	#188 Sweeney, Benjamin	M34 Albany, NY	30:46
5	#491 Pensabene, Charles	M34 East Greenbush, NY	31:37

35-39 Results - Men 5000 Run

1	#725 Bates, Kyle	M36 Berne, NY	26:41
2	#127 Shah, Tiki	M35 Albany, NY	27:05
3	#718 Sheward, Justin	M35 Schenectady, NY	28:08
4	#369 Wagner, Ross	M38 Berlin, NY	28:59

40-44 Results - Men 5000 Run

1	#728 Stygar, Nick	M41 Altamont, NY	18:56
2	#282 Venter, Ryan	M42 Glenmont, NY	21:14
3	#459 Damore, Gerard	M44 Watervliet, NY	40:57

45-49 Results - Men 5000 Run

1	#482 Maynard, Steve	M49 Schenectady, NY	19:57
2	#713 Lowry, Ethan	M45 Delanson, NY	24:31
3	#448 Armstrong, Walter	M46 Sloansville, NY	26:24
4	#78 Sassatelli, John	M49 Valley Falls, NY	27:36
5	#421 Washco, Michael	M45 Waterford, NY	34:13

50-54 Results - Men 5000 Run

1	#492 Piccolo, Christian	M50 Glenmont, NY	25:05
2	#463 Doyle, Tim	M54 East Greenbush, NY	29:59
3	#716 Segreto, Ken	M52 East Greenbush, NY	36:17

55-59 Results - Men 5000 Run

1	#708 Denham, Dr. Tom	M57 Delmar, NY	21:43
2	#486 Modoski, John	M56 Amsterdam, NY	23:50
3	#729 Fiori, Vince	M58 Halfmoon, NY	26:04
4	#500 Rockmacher, Stephe	M59 Niskayuna, NY	31:48

60-64 Results - Men 5000 Run

1	#719 Soeller, Mike	M62 Voorheesville, NY	23:25
2	#465 Graffeo, Paul	M63 Albany, NY	29:54
3	#462 Downey, Pete	M61 Albany, NY	38:27

65-69 Results - Men 5000 Run

1	#66 Salerni, Paul	M68 Little Neck, NY	22:13
2	#714 Moak, Mike	M67 Unattached	22:20
3	#715 Munson, Rick	M67 Prattsville, NY	22:45
4	#485 Miller, Don	M69 Port Orange, FL	25:22
5	#153 Silverberg, Steven	M66 Schenectady, NY	28:35

70-74 Results - Men 5000 Run

1	#707 Bennett, Richard	M72 Clifton Park, NY	28:41
2	#489 Mounteer, John	M70 Hollywood, FL	29:25
3	#461 DiPierro, Leo	M74 Cherry Plain, NY	36:43

75-79 Results - Men 5000 Run

1	#736 Mead, Bob	M75 East Greenbush, NY	27:26
2	#709 Dinkin, Jesse	M77 Schenectady, NY	37:17
3	#720 Vavasour, John	M75 Albany, NY	41:11

80-99 Results - Men 5000 Run

1	#488 Moore, Jim	M84 Niskayuna, NY	40:08
2	#471 Hotopp, Ken	M90 Howes Cave, NY	45:06
3	#204 Lee Jr, Ray	M82 Halfmoon, NY	46:23