

Top 3 Freezer 5k 2019 (male)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Bobby Asher	1338	M	33	Bronx	NY	5:28	0:17:01	0:16:59
2	Glen Barnhoft	1556	M	30	Hoilbrook	NY	5:47	0:18:01	0:18:00
3	Avidan Portillo	1483	M	27	mount Kisco	NY	5:53	0:18:21	0:18:19

Freezer 5k 2019 0-14 (male)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Jackson Morley	1566	M	8	buchanan	NY	8:05	0:25:08	0:25:07
2	Dane Hoppermann	1399	M	13	Holmes	NY	8:54	0:27:48	0:27:40
3	Billy Pike	1564	M	10	shrub Oak	NY	11:07	0:34:46	0:34:33

Freezer 5k 2019 15-19 (male)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Reed Putnam	1532	M	17	Mount Kisco	NY	5:55	0:18:26	0:18:25
2	Max Goodman	1387	M	16	South Salem	NY	6:09	0:19:10	0:19:09

Freezer 5k 2019 20-29 (male)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Paul Mackey	1419	M	25	Garrison	NY	6:42	0:20:55	0:20:50
2	Luke Colley	1366	M	22	Tarrytown	NY	7:12	0:22:25	0:22:24
3	Benjamin Newman	1438	M	29	White Plains	NY	12:34	0:39:07	0:39:03

Freezer 5k 2019 30-39 (male)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Douglas Schiz	1460	M	36	Chappaqua	NY	6:04	0:18:53	0:18:51
2	Liam Cawley	1541	M	31	Hastings On Hudson	NY	6:08	0:19:06	0:19:04
3	Seth Woolf	1492	M	36	Danbury	CT	6:35	0:20:30	0:20:28

Freezer 5k 2019 40-44 (male)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Laurent Banon	1342	M	41	Mamaroneck	NY	6:20	0:19:44	0:19:43
2	Greg Doell	1567	M	44	shrub Oak	NY	7:02	0:21:52	0:21:51
3	Tom Langan	1410	M	40	Stormville	NY	7:18	0:22:46	0:22:41

Freezer 5k 2019 45-49 (male)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Christopher Irwin	1538	M	45	Cortlandt Manor	NY	5:56	0:18:29	0:18:28
2	Rob Fauber	1376	M	48	Pelham	NY	6:50	0:21:19	0:21:16
3	Richard Lubarsky	1553	M	49	Chappaqua	NY	7:27	0:23:12	0:23:09

Freezer 5k 2019 50-54 (male)

Freezer 5k 2019 30-34 (male)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Mike Flam	1559	M	50	Croton	NY	6:45	0:21:03	0:21:00
2	Charles Luband	1558	M	51	Scarsdale	NY	6:49	0:21:12	0:21:11
3	Ian Colley	1365	M	51	Tarrytown	NY	6:58	0:21:42	0:21:41

Freezer 5k 2019 35-39 (male)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Roger Cawkwell	1360	M	58	Bedford	NY	6:25	0:20:00	0:19:58
2	James Keeley	1405	M	55	Briarcliff Manor	NY	6:40	0:20:52	0:20:44
3	Jeffrey Mayer	1425	M	57	white plains	NY	7:02	0:21:55	0:21:53

Freezer 5k 2019 40-44 (male)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Antonio Renha	1523	M	62	Ossining	NY	6:28	0:20:07	0:20:06
2	Bill Foley	1380	M	64	Wappingers Falls	NY	7:08	0:22:18	0:22:11
3	Robert Albanese	1484	M	61	Purchase	NY	7:15	0:22:35	0:22:33

Freezer 5k 2019 45-49 (male)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Wayne Rubin	1536	M	68	White plains	NY	8:06	0:25:11	0:25:10
2	Gary Steinel	1468	M	66	White Plains	NY	8:56	0:27:47	0:27:45
3	John Kiselak	1569	M	68	Danbury	CT	9:58	0:30:59	0:30:58

Freezer 5k 2019 50-54 (male)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Tom Maile	1421	M	76	Cortlandt Manor	NY	8:44	0:27:10	0:27:08
2	Jonathan Yuen	1555	M	74	Katonah	NY	10:49	0:33:39	0:33:37
3	Stanley Goldstein	1386	M	83	ny	NY	13:41	0:42:50	0:42:32

Top 3 Freezer 5k 2019 (female)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Gail Machado	1416	F	31	Yonkers	NY	6:18	0:19:37	0:19:35
2	Susan Moore	1525	F	41	Bronx	NY	6:27	0:20:05	0:20:04
3	Suzanne LaBurt	1552	F	55	Greenwood Lake	NY	6:29	0:20:12	0:20:11

Freezer 5k 2019 0-14 (female)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Eilish Buckley	1351	F	14	Yorktown Heights	NY	8:32	0:26:48	0:26:33
2	Grace Hahn	1391	F	12	Yorktown Heights	NY	9:04	0:28:28	0:28:11
3	Kerry Pike	1448	F	11	Shrub Oak	NY	10:18	0:32:13	0:32:00

Freezer 5k 2019 15-19 (female)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Sam Badia	1339	F	19	Somers	NY	10:11	0:31:54	0:31:39
2	Adriana Scanteianu	1457	F	19	Ossining	NY	12:10	0:38:07	0:37:50
3	alexandra nikolopoulos	1439	F	19	Yorktown Heights	NY	13:28	0:42:05	0:41:50

Freezer 5k 2019 20-29 (female)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Kirby Mosenthal	1489	F	29	Peekskill	NY	6:33	0:20:22	0:20:21
2	Lindsey Russo	1455	F	26	Norwalk	CT	6:46	0:21:05	0:21:04
3	Rachel Weston	1482	F	27	Northvale	NJ	8:01	0:25:01	0:24:57

Freezer 5k 2019 30-39 (female)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Katie Horan	1401	F	31	Redding	CT	7:08	0:22:11	0:22:10
2	Cassie Wangsness	1480	F	36	Brooklyn	NY	7:10	0:22:19	0:22:17
3	Becky Hill	1397	F	34	Stormville	NY	7:19	0:22:48	0:22:44

Freezer 5k 2019 40-44 (female)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Carolyn Hehir	1394	F	41	Bronx	NY	7:23	0:23:00	0:22:57
2	Christine Carbonetti	1356	F	42	White Plains	NY	7:29	0:23:20	0:23:16
3	Carolyn Meroles	1428	F	42	Poughquag	NY	7:41	0:23:57	0:23:53

Freezer 5k 2019 45-49 (female)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Rocio Fields	1378	F	48	Wilton	CT	7:00	0:21:47	0:21:46
2	Elizabeth Belanger	1539	F	47	sleepy Hollow	NY	8:48	0:27:34	0:27:22
3	Liza Weale	1481	F	46	Sleepy Hollow	NY	8:57	0:27:55	0:27:51

Freezer 5k 2019 50-54 (female)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Mandi Susman	1485	F	50	Bronx	NY	8:13	0:25:35	0:25:33
2	Cheryl Lee	1412	F	50	Cortlandt Manor	NY	8:34	0:26:48	0:26:39
3	Tamara Underwood	1478	F	53	Briarcliff Manor	NY	8:47	0:27:30	0:27:19

Freezer 5k 2019 55-59 (female)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Michelle Tenzyk	1473	F	55	Peekskill	NY	8:41	0:27:07	0:26:59
2	Jennifer Tully	1477	F	59	Carmel	NY	8:44	0:27:19	0:27:08
3	Victoria Metz	1531	F	56	Baldwin Place	NY	9:02	0:28:08	0:28:04

Freezer 5k 2019 60-64 (female)

Freezer 5k 2019 60-64 (female)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Emmy Stocker	1469	F	60	Cos Cob	CT	7:56	0:24:41	0:24:38
2	Rosa St Lawrence	1466	F	60	Briarcliff Manor	NY	10:45	0:33:29	0:33:24
3	Diane Malek	1423	F	64	Putnam Valley	NY	12:34	0:39:22	0:39:05

Freezer 5k 2019 65-69 (female)

Pos	Athlete	Bib#	Gender	Age	City	State	Pace	Gun Time	Chip Time
1	Jessica Woolf	1491	F	69	mahopac	NY	11:07	0:34:42	0:34:33
2	Dagny Hyde	1404	F	66	New Rochelle	NY	11:35	0:36:09	0:36:00

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