Race Date
June 24, 2017

SS Constantine & Helen Greek Orthodox Cathedral 5K <u>Age Group Results</u>

5K

| Fer | male Open Winners | 3 | | | | |
|------------|-----------------------------|------|--------------------|--------------|------------------------|-----------------------|
| Place 1 | Name AVA PARAMANTGIS | City | Bib No 3795 | Overall 4 | <u>Time</u> 28:36.3 | Pace 9:14/M |
| Ма | le Open Winners | | | | | |
| Place 1 | <u>Name</u> MARK POLIMUS | City | <u>Bib No</u> 3797 | Overall 1 | <u>Time</u> 26:19.8 | <u>Pace</u> 8:29/M |

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| | | | | | | _ |
|--------------|------------------|-------------|--------|----------------|-------------|-------------|
| Place | Name | <u>City</u> | | <u>Overall</u> | Time | Pace |
| 1 | HAZEL OLLIS | | 3781 | 11 | 51:35.5 | 16:38/M |
| 2 | LIA PARAMANTGIS | | 3796 | 16 | 52:19.4 | 16:53/M |
| Ма | le 10 to 14 | | | | | |
| Place | <u>Name</u> | City | Bib No | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
| 1 | BILLY PAPAGEORGE | | 3790 | 2 | 26:24.6 | 8:31/M |
| 2 | PERRY PAPPAS | | 3792 | 3 | 26:27.5 | 8:32/M |
| 3 | JACK OLLIS | | 3782 | 9 | 47:48.9 | 15:25/M |
| 4 | TED OLLIS | | 3784 | 12 | 51:36.5 | 16:39/M |
| Fer | male 30 to 39 | | | | | |
| Place | <u>Name</u> | City | Bib No | Overall | <u>Time</u> | <u>Pace</u> |
| 1 | AMANDA RENSLOW | | 4894 | 5 | 28:37.1 | 9:14/M |
| 2 | AMY PARAMANTGIS | | 3793 | 17 | 52:32.5 | 16:57/M |
| Fer | male 40 to 49 | | | | | |
| Place | <u>Name</u> | City | Bib No | Overall | <u>Time</u> | <u>Pace</u> |
| 1 | MEGAN RAMSUSSEN | | 3800 | 10 | 47:51.3 | 15:26/M |
| 2 | ERIN OLLIS | | 3780 | 13 | 51:37.5 | 16:39/M |
| 3 | STACEY MENTINK | | 3778 | 18 | 1:02:17.8 | 20:05/M |
| Ma | le 40 to 49 | | | | | |
| Place | <u>Name</u> | City | | Overall | <u>Time</u> | Pace |
| 1 | MIKE OLLIS | | 3783 | 14 | 52:04.1 | 16:48/M |
| Fer | male 50 to 59 | | | | | |
| <u>Place</u> | <u>Name</u> | <u>City</u> | | Overall | <u>Time</u> | Pace |
| 1 | CARLA ESTRADA | | 3771 | 19 | 1:02:18.9 | 20:06/M |

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5K

| Fei | male 60 and Over | | | | | | |
|--------------|------------------|-------------|--------|----------------|-------------|-------------|--|
| Place | <u>Name</u> | City | Bib No | Overall | Time | Pace | |
| 1 | DALIA SPANOS | | 4896 | 8 | 45:30.8 | 14:41/M | |
| 2 | CAROLE VARSEGI | | 4900 | 15 | 52:04.3 | 16:48/M | |
| Ма | lle 60 and Over | | | | | | |
| <u>Place</u> | <u>Name</u> | <u>City</u> | Bib No | <u>Overall</u> | <u>Time</u> | <u>Pace</u> | |
| 1 | THEO KOULIANOS | | 3777 | 6 | 37:39.5 | 12:09/M | |
| 2 | GEORGE DOMORAS | | 3770 | 7 | 37:41.7 | 12:09/M | |