

### Checkers 3000-Meter Time Trial - June 24, 2014

Place	Red Group	Time	5k Equiv
1	Greg Avila-Shah	10:35	18:22
2	Joe Norris	10:39	18:40
3	Eric Niedermeier	10:49	18:59
4	Jim Christen	11:42	20:18
5	Erica Howard	11:45	20:24
6	Ron Prabucki	11:53	20:39
7	Wendy Guyker	12:17	21:25
8	Michael Burton	12:45	22:15

Place	Lilac Group	Time	5k Equiv
1	Jonathan Amoia	12:16	21:25
2	Sam Legierski	12:31	21:50
3	Scott Kinerk	12:41	22:15
4	Rob Sobaszek	12:43	22:19
5	Barry Latner	12:49	22:30
6	Peter Seitz	13:01	22:41
7	Kingsley Haas	13:07	22:46
8	Rick Queeno	13:08	22:48
9	John Niblock	13:31	23:38
10	Herman van Leeuwen	13:32	23:40
11	Tom Droz	13:33	23:41
12	Larry Wallworth	13:33	23:41
13	Tim Frawley	13:43	23:50
14	Stephanie Czaja	13:49	24:08
15	Larry Krol	13:49	24:08
16	Mary Ann Roll	13:55	24:12
17	Mark Brautlacht	14:06	24:39
18	Chris McConnaghy	14:08	24:42
19	Jordan Sobon	14:10	24:48
20	Michael Stoll	14:15	24:53
21	Maura Seitz	14:16	24:54
22	Jeanne Chiarmonite	14:17	24:56
23	Steph Spritzer	14:18	24:58
24	Kathy Reynolds	14:21	25:04
25	Deb Wilttrout	14:29	25:12
26	Joni Maxick-Jason	14:33	25:19
27	Debra Vertoske	14:33	25:19
28	Jane Wright	14:34	25:23
29	Michael Olear	14:36	25:30
30	Sam Spritzer	14:38	25:35
31	Ivar Lupkin	14:38	25:35
32	Jen Adams	14:57	25:52
33	Tom Glynn	14:58	25:54
34	Nancy Moriarity	15:14	26:22
35	Teresa Darlak	15:30	27:00
36	Denis Shah	15:57	27:39
37	Jill Kaplan	16:34	29:05
38	David Jaworski	16:52	29:40

Place	Gray/Blue Group	Time	5k Equiv
1	Rocco Polino	14:38	25:35
2	Venkat Doddamreddy	16:30	29:05
3	Grant Hennigar	16:44	29:28
4	Michele Bauman	16:44	29:28
5	Rick Krollman	16:50	29:40
6	Lillian Chotkowski	16:59	29:55
7	Jane Grzebinski	17:04	30:15
8	Kathleen Wilttrout	17:09	30:28
9	Linda Gerbec	17:18	30:50
10	Kisha Simmons	17:23	31:00
11	Katherine Tornquist	17:44	31:45
12	Garry Soehner	17:52	32:00
13	Bob Toone	18:07	32:40
14	Susan Drust	18:17	32:55
15	Rosalie Marino-Soehner	18:26	33:15
16	Nancy Campbell	18:45	34:00
17	Rick Schoellkopf	18:47	34:10
18	Suzanne Hitchcock	18:55	34:20
19	John Lintner	18:55	34:20
20	Pat Baker	18:56	34:42
21	Meghan Hughes	19:23	35:10
22	Rich Meyers	20:59	36:55

Place	Mile Group (1600 meters)	Time	5k Equiv
1	Ed Russell	8:54	29:51
2	Walter Ludwig	9:26	30:35
3	Rachel Pollinger	10:04	31:30
4	Paul Hassall	10:30	32:10
5	MaryAnn Casey	10:31	32:10
6	Cindy Sweeney	10:45	32:55
7	Jackie Formato	11:00	33:40
8	Allyson Czaja	11:48	35:00
9	MaryAnn Montante	12:16	37:00

Club Records			
M	Jon French	9:01	2011
F	Carrie Weiser	11:22	2012