

ESSG 5K Time Trial

Overall place	Category Place	Last Name	First Name	Gender	AGE group	TIME (mins)	% slower	Speed (mph)
26	1	Berghash	Christina	female	50-54	0:10:27	35%	18.4
19	1	Williams	Janice	female	55-59	0:09:43	25%	19.8
25	2	Lissfelt	Mary	female	55-59	0:10:22	33%	18.5
29	3	Dunbar	Laura	female	55-59	0:11:27	47%	16.8
17	1	Kingsley	Sherrie	female	60-64	0:09:25	21%	20.4
22	2	Jacob	Cheryl	female	60-64	0:10:04	30%	19.1
23	3	Lamash	Laura	female	60-64	0:10:16	32%	18.7
31	4	Williams	Kim	female	60-64	0:12:22	59%	15.5
20	1	Hochul	Denise	female	65-69	0:09:44	25%	19.7
21	2	Rasmussen	Caroline	female	65-69	0:10:04	30%	19.1
28	1	Leary	Kate	female	70-74	0:11:19	46%	17.0
2	1	Coffey	Martin	male	50-54	0:07:47	0.2%	24.7
1	1	Garcia	Michael	male	55-59	0:07:46	0%	24.7
11	2	Kayes	Brian	male	55-59	0:08:47	13%	21.9
12	3	Banas	David	male	55-59	0:08:58	15%	21.4
3	1	Williams	Mark	male	60-64	0:08:02	3%	23.9
4	2	Kingsley	Marc	male	60-64	0:08:21	8%	23.0
8	3	Hasenauer	Chuck	male	60-64	0:08:35	11%	22.4
13	4	Lissfelt	John	male	60-64	0:09:05	17%	21.1
5	1	Nelson	Ronald	male	65-69	0:08:26	9%	22.8
6	2	Wolf	Richard	male	65-69	0:08:28	9%	22.7
7	3	Berghash	Stephen	male	65-69	0:08:33	10%	22.5
10	4	suozzo	nicholas	male	65-69	0:08:44	12%	22.0

15	5	Ramos	Omar	male	65-69	0:09:16	19%	20.7
16	6	Goben	Kent	male	65-69	0:09:22	21%	20.5
9	1	McCarthy	Mark	male	70-74	0:08:37	11%	22.3
14	2	Camping	Richard	male	70-74	0:09:10	18%	20.9
18	1	Tesla	Michael	male	75-79	0:09:35	23%	20.0
27	2	Schulze	William	male	75-79	0:11:13	44%	17.1
30	3	Hilfstein	Leon	male	75-79	0:11:52	53%	16.2
24	1	Otto	Bob	male	80-84	0:10:20	33%	18.6

ESSG 10K Time Trial

Overall place	Category Place	Last Name	First Name	Gender	AGE group	TIME (mins)	% slower	Speed (mph)
23	1	Berghash	Christina	female	50-54	0:19:39	36%	18.9
19	1	Williams	Janice	female	55-59	0:18:18	27%	20.3
25	2	Lissfelt	Mary	female	55-59	0:19:47	37%	18.8
30	3	Dunbar	Laura	female	55-59	0:21:54	52%	17.0
15	1	Kingsley	Sherrie	female	60-64	0:17:29	21%	21.3
21	2	Jacob	Cheryl	female	60-64	0:19:01	32%	19.6
24	3	Lamash	Laura	female	60-64	0:19:39	36%	18.9
32	4	Williams	Kim	female	60-64	0:23:58	66%	15.5
18	1	Hochul	Denise	female	65-69	0:18:09	26%	20.5
22	2	Rasmussen	Caroline	female	65-69	0:19:05	32%	19.5
28	1	Leary	Kate	female	70-74	0:21:05	46%	17.6
1	1	Coffey	Martin	male	50-54	0:14:27	0	25.7
2	1	Garcia	Michael	male	55-59	0:14:33	1%	25.6
9	2	Kayes	Brian	male	55-59	0:16:15	12%	22.9
13	3	Banas	David	male	55-59	0:17:07	18%	21.7
3	1	Williams	Mark	male	60-64	0:15:00	4%	24.8
4	2	Kingsley	Marc	male	60-64	0:15:34	8%	23.9
12	3	Hasenauer	Chuck	male	60-64	0:16:53	17%	22.0
14	4	Lissfelt	John	male	60-64	0:17:13	19%	21.6
5	1	Wolf	Richard	male	65-69	0:15:43	9%	23.7
7	2	Nelson	Ronald	male	65-69	0:16:06	11%	23.1
8	3	Berghash	Stephen	male	65-69	0:16:12	12%	23.0
10	4	suozzo	nicholas	male	65-69	0:16:20	13%	22.8

16	5	Goben	Kent	male	65-69	0:17:41	22%	21.0
20	6	Ramos	Omar	male	65-69	0:18:36	29%	20.0
6	1	McCarthy	Mark	male	70-74	0:16:03	11%	23.2
11	2	Camping	Richard	male	70-74	0:16:43	16%	22.3
29	3	LaBella	Anthony	male	70-74	0:21:19	48%	17.5
17	1	Tesla	Michael	male	75-79	0:18:03	25%	20.6
27	2	Hilfstein	Leon	male	75-79	0:21:02	46%	17.7
31	3	Schulze	William	male	75-79	0:21:55	52%	17.0
26	1	Otto	Bob	male	80-84	0:19:50	37%	18.8

ESSG 20K Road Race

Overall place	Category Place	Last Name	First Name	Gender	AGE group	TIME (mins)	% slower	Speed (mph)
12	1	Williams	Janice	female	55-59	0:35:20	20%	21.1
11	1	Kingsley	Sherrie	female	60-64	0:35:10	19%	21.2
18	2	Lamash	Laura	female	60-64	0:43:01	46%	17.3
13	1	Rasmussen	Caroline	female	65-69	0:35:30	20%	21.0
17	1	Leary	Kate	female	70-74	0:43:00	46%	17.3
1	1	Coffey	Martin	male	50-54	0:29:30	0%	25.2
5	1	Kayes	Brian	male	55-59	0:31:55	8%	23.3
6	2	Banas	David	male	55-59	0:34:00	15%	21.9
2	1	Williams	Mark	male	60-64	0:30:20	3%	24.5
3	2	Kingsley	Marc	male	60-64	0:30:21	3%	24.5
10	3	Lissfelt	John	male	60-64	0:35:00	19%	21.3
20	4	Jacob	James	male	60-64	0:43:03	46%	17.3
9	1	suozzo	nicholas	male	65-69	0:34:45	18%	21.4
14	2	Goben	Kent	male	65-69	0:35:45	21%	20.8
19	3	Ramos	Omar	male	65-69	0:43:02	46%	17.3
4	1	McCarthy	Mark	male	70-74	0:30:22	3%	24.5
7	2	Camping	Richard	male	70-74	0:34:01	15%	21.9
8	3	Dix	James Anthony	male	70-74	0:34:20	16%	21.7
15	4	LaBella	y	male	70-74	0:42:18	43%	17.6
16	1	Otto	Bob	male	80-84	0:42:50	45%	17.4