

# 2025 Adirondack Runners Club Grand Prix

## LONG COURSE

### Adirondack Distance festival 10K roadrace - GP Race # 7

| <u>Males</u>    | <u>Age</u> | <u>Time</u> | <u>OV</u><br><u>Pts</u> | <u>AG</u><br><u>Pts</u> | <u>Females</u>             | <u>Age</u> | <u>Time</u> | <u>OV</u><br><u>Pts</u> | <u>AG</u><br><u>Pts</u> |
|-----------------|------------|-------------|-------------------------|-------------------------|----------------------------|------------|-------------|-------------------------|-------------------------|
| Tim Schwimer    | 52         | 47:13       | 13                      | 13                      | Justine Trybendis          | 43         | 43:21       | 13                      | 13                      |
| Tom Behlmer     | 68         | 54:19       | 11                      | 13                      | Cristina Marchese          | 41         | 50:42       | 11                      | 11                      |
| Harris Lonergan | 55         | 56:19       | 9                       | 11                      | Christine Cifone-Clohoosey | 57         | 57:43       | 9                       | 13                      |
| Mark Sager      | 75         | 57:47       | 8                       | 13                      | Cynthia White              | 43         | 1:06:51     | 8                       | 9                       |
| Don Van Wely    | 75         | 1:07:09     | 7                       | 11                      | Jill Pederson              | 74         | 1:08:48     | 7                       | 13                      |
|                 |            |             |                         |                         | Jill Mehan                 | 70         | 1:15:57     | 6                       | 11                      |

### Adirondack Marathon roadrace - GP Race # 8

| <u>Males</u> | <u>Age</u> | <u>Time</u> | <u>OV</u><br><u>Pts</u> | <u>AG</u><br><u>Pts</u> | <u>Females</u> | <u>Age</u> | <u>Time</u> | <u>OV</u><br><u>Pts</u> | <u>AG</u><br><u>Pts</u> |
|--------------|------------|-------------|-------------------------|-------------------------|----------------|------------|-------------|-------------------------|-------------------------|
| Jim Flint    | 66         | 3:37:25     | 13                      | 13                      | Lisa Grabbe    | 43         | 5:23:12     | 13                      | 13                      |

If you think you have been missed, please email me at [brianteague@live.com](mailto:brianteague@live.com)

Next up: Lake Placid Half!