

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

Lake Placid Half marathon roadrace - GP Race # 9

<u>Males</u>	<u>Age</u>	<u>Time</u>	<u>OV</u> <u>Pts</u>	<u>AG</u> <u>Pts</u>	<u>Females</u>	<u>Age</u>	<u>Time</u>	<u>OV</u> <u>Pts</u>	<u>AG</u> <u>Pts</u>
Jim Flint	66	1:35:57	13	13	Vanessa Negaard	39	2:13:55	13	13
Tom Behlmer	68	2:02:24	11	11	Lisa Grabbe	43	2:17:20	11	13
Jeremy Grabbe	49	2:54:36	9	13					

Fall back 5M trail race - GP Race # 10

<u>Males</u>	<u>Age</u>	<u>Time</u>	<u>OV</u> <u>Pts</u>	<u>AG</u> <u>Pts</u>	<u>Females</u>	<u>Age</u>	<u>Time</u>	<u>OV</u> <u>Pts</u>	<u>AG</u> <u>Pts</u>
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If you think you have been missed, please email me at brianteague@live.com