



# 2017 4 Miles 4 Water

May 06, 2017

Overall (Open)

4.00 miles, winner: 21:01 - 11.42 mph

Pos	Bib	Name	State	City	Category	Age	Gender	Time	Gap	mph	Lap 1
1	442	SPALDING, Tony	OH	Cleveland Hts	4 Mile Race	23	Men	21:01		11.42	21:01
2	306	FINNERTY, Pete	OH	Cleveland	4 Mile Race	34	Men	24:04	3'02"	9.97	24:04
3	424	ROSEN, Adam	OH	Cleveland	4 Mile Race	31	Men	24:20	3'18"	9.87	24:20
4	360	LAMB, Max	OH	Bay Village	4 Mile Race	21	Men	25:35	4'33"	9.38	25:35
5	464	TURNBULL, Brendan	OH	Beavercreek	4 Mile Race	28	Men	25:43	4'41"	9.33	25:43
6	233	AKERS, Patrick	OH	Cleveland	4 Mile Race	31	Men	26:09	5'07"	9.18	26:09
7	250	BERRY, Taylor	OH	Lakewood	4 Mile Race	27	Men	26:18	5'17"	9.12	26:18
8	469	VOLBERS, Blaire	OH	Cleveland	4 Mile Race	26	Women	26:46	5'44"	8.97	26:46
9	343	JONES, Kyle	OH	Avon	4 Mile Race	41	Men	27:00	5'58"	8.89	27:00
10	407	PEACOCK, Kevin	OH	Cleveland	4 Mile Race	40	Men	27:12	6'11"	8.82	27:12
11	289	DENNIS, Joseph	OH	Cleveland	4 Mile Race	32	Men	27:38	6'37"	8.68	27:38
12	342	JONES, Chad	OH	Cleveland	4 Mile Race	42	Men	27:55	6'54"	8.59	27:55
13	404	PARK, Dustin	OH	Cleveland Hts	4 Mile Race	34	Men	27:59	6'57"	8.58	27:59
14	452	SZEFCYK, Katie	OH	Lakewood	4 Mile Race	31	Women	28:11	7'10"	8.51	28:11
15	379	MCCRONE, Kelly	OH	Cleveland	4 Mile Race	40	Women	28:19	7'17"	8.48	28:19
16	348	KARAS, Jonathan	OH	Beachwood	4 Mile Race	35	Men	28:33	7'31"	8.41	28:33
17	408	PELECHATY, Michael	OH	Lakewood	4 Mile Race	28	Men	28:51	7'50"	8.32	28:51
18	423	ROBINSON, Alex	OH	Cleveland	4 Mile Race	23	Men	29:03	8'02"	8.26	29:03
19	454	TEKULVE, Drew	OH	Medina	4 Mile Race	25	Men	29:05	8'03"	8.25	29:05
20	401	PAINE, Tracie	OH	N Ridgeville	4 Mile Race	41	Women	29:07	8'06"	8.24	29:07
21	380	MCDONOUGH, Tim	OH	Chagrin Falls	4 Mile Race	49	Men	29:11	8'10"	8.22	29:11
22	393	NAUMOFF, Andy	OH	Smithville	4 Mile Race	64	Men	29:38	8'37"	8.10	29:38
23	382	MEHTA, Mansi	OH	Kent	4 Mile Race	28	Women	29:47	8'46"	8.06	29:47
24	240	ARNOLD, Crystal	OH	Westlake	4 Mile Race	32	Women	30:12	9'10"	7.95	30:12
25	329	HOCKING, Lola	OH	Cleveland	4 Mile Race	26	Women	30:13	9'12"	7.94	30:13
26	241	BAJUSZ, Donald	OH	Brunswick	4 Mile Race	47	Men	30:15	9'14"	7.93	30:15
27	267	CHERNISKY, Drew	OH	Northfield	4 Mile Race	26	Men	30:23	9'21"	7.90	30:23
28	372	MACKURA, Seamus	OH	Lakewood	4 Mile Race	30	Men	30:27	9'26"	7.88	30:27
29	460	THOMAS, Kim	OH	Lakewood	4 Mile Race	32	Women	30:28	9'26"	7.88	30:28
30	303	FIER, Jon	OH	Madison	4 Mile Race	34	Men	30:32	9'31"	7.86	30:32



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Pos	Bib	Name	State	City	Category	Age	Gender	Time	Gap	mph	Lap 1
31	301	FEHLNER, Matthew	OH	Cleveland	4 Mile Race	39	Men	30:32	9'31"	7.86	30:32
32	411	PETRILLO, Michelle	OH	Chagrin Falls	4 Mile Race	34	Women	30:37	9'36"	7.84	30:37
33	262	BURKE, Allison	OH	Cleveland	4 Mile Race	26	Women	30:40	9'39"	7.83	30:40
34	333	HORSBURGH, Brian	OH	Cleveland	4 Mile Race	29	Men	30:47	9'46"	7.80	30:47
35	479	WEEKLEY, Kendra	OH	Cleveland	4 Mile Race	24	Women	30:51	9'50"	7.78	30:51
36	381	MCGUINNESS, Mark	OH	Chagrin Falls	4 Mile Race	53	Men	30:53	9'51"	7.77	30:53
37	369	LUNKA, Alex	OH	Mentor	4 Mile Race	28	Men	31:06	10'04"	7.72	31:06
38	594	ALEXANDER, Aubrey				29	Women	31:17	10'15"	7.67	31:17
39	297	EGEL, Ben	OH	Cleveland	4 Mile Race	30	Men	31:18	10'16"	7.67	31:18
40	456	THEILIG, Justin	OH	N Ridgeville	4 Mile Race	21	Men	31:21	10'19"	7.66	31:21
41	481	WESSLER, Brett	OH	Wickliffe	4 Mile Race	44	Men	31:28	10'26"	7.63	31:28
42	383	MENTON, Molly	OH	Cuyahoga Fls	4 Mile Race	33	Women	31:30	10'28"	7.62	31:30
43	253	BODE, Peter	OH	Seven Hills	4 Mile Race	31	Men	31:33	10'32"	7.61	31:33
44	488	WOOD, Lauren	OH	Stow	4 Mile Race	27	Women	31:44	10'43"	7.56	31:44
45	290	DERISO, Armelle	OH	Sandusky	4 Mile Race	22	Women	32:45	11'43"	7.33	32:45
46	447	STUCKART, Rebecka	OH	Amherst	4 Mile Race	22	Women	32:46	11'44"	7.32	32:46
47	394	NAUMOFF, Cullen	OH	Lakewood	4 Mile Race	33	Women	32:49	11'47"	7.31	32:49
48	361	LEESE, Nelson	OH	Cleveland	4 Mile Race	30	Men	32:50	11'49"	7.31	32:50
49	330	HOFSTETTER, Joe	OH	Strongsville	4 Mile Race	38	Men	32:59	11'57"	7.28	32:59
50	355	KIRBY, Gary	OH	Brunswick	4 Mile Race	60	Men	33:06	12'05"	7.25	33:06
51	299	ERICKSON, Monica	OH	Cuyahoga Fls	4 Mile Race	29	Women	33:17	12'15"	7.21	33:17
52	234	ALLISON, Beth	OH	Chagrin Falls	4 Mile Race	49	Women	33:22	12'21"	7.19	33:22
53	593	ALEXANDER, Rae				62	Women	33:24	12'23"	7.18	33:24
54	440	SOLTIS, Jesse	OH	Middlefield	4 Mile Race	32	Men	34:11	13'09"	7.02	34:11
55	282	CZAJKA, Michael	OH	Cleveland	4 Mile Race	28	Men	34:17	13'16"	7.00	34:17
56	439	SHORR, Randall	OH	Cleveland	4 Mile Race	59	Men	34:29	13'27"	6.96	34:29
57	463	TROMM, Cj	OH	Akron	4 Mile Race	26	Men	35:00	13'58"	6.86	35:00
58	370	LUO, Becky	OH	Cleveland	4 Mile Race	34	Women	35:22	14'20"	6.79	35:22
59	332	HOPPE, Leanne	OH	Cleveland	4 Mile Race	25	Women	35:22	14'20"	6.79	35:22
60	403	PARK, Constance	OH	Cleveland Hts	4 Mile Race	32	Women	35:23	14'22"	6.78	35:23



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61	367	LULI, Erik	OH	Rootstown	4 Mile Race	27	Men	35:26	14'24"	6.77	35:26
62	574							35:28	14'26"	6.77	35:28
63	237	AMBROSETTI, Rick	OH	Medina	4 Mile Race	42	Men	35:29	14'28"	6.76	35:29
64	453	T, Mike	OH	Shaker Hts	4 Mile Race	51	Men	35:33	14'32"	6.75	35:33
65	459	THOMAS, Kelli	OH	Shaker Hts	4 Mile Race	46	Women	35:36	14'34"	6.74	35:36
66	281	CUNNINGHAM, Heather	OH	Brunswick	4 Mile Race	31	Women	36:11	15'09"	6.63	36:11
67	573							36:16	15'14"	6.62	36:16
68	451	SWIDARSKI, Bob	OH	Brooklyn Hts	4 Mile Race	32	Men	36:17	15'16"	6.61	36:17
69	497							36:23	15'21"	6.60	36:23
70	391	MOYSE, Tiffany	OH	Lakewood	4 Mile Race	30	Women	36:27	15'25"	6.59	36:27
71	438	SHLACHTER, Larry	OH	Beachwood	4 Mile Race	44	Men	36:27	15'25"	6.59	36:27
72	377	MATUSZNY, Kimberly	OH	Strongsville	4 Mile Race	47	Women	36:31	15'29"	6.57	36:31
73	373	MARTIN, Carl	OH	Garfield Hts	4 Mile Race	32	Men	36:32	15'30"	6.57	36:32
74	600	SOCHOR, Matthew	Oh	Cle	4 Mile Race	33	Men	36:34	15'32"	6.56	36:34
75	421	RIDDLE, Christopher	OH	Mentor	4 Mile Race	32	Men	36:36	15'34"	6.56	36:36
76	302	FELTY, Robert	OH	Cleveland Hts	4 Mile Race	51	Men	36:43	15'41"	6.54	36:43
77	580	MCCORMACK, Kerry				29	Men	36:52	15'51"	6.51	36:52
78	351	KEREKES, James	OH	N Royalton	4 Mile Race	30	Men	36:59	15'57"	6.49	36:59
79	489	ZHAO, Monique	OH	Cleveland	4 Mile Race	29	Women	37:01	15'59"	6.48	37:01
80	414	POSNER, Hannah	OH	Cleveland	4 Mile Race	29	Women	37:08	16'07"	6.46	37:08
81	255	BORLIE, Sara	OH	Eastlake	4 Mile Race	31	Women	37:13	16'12"	6.45	37:13
82	239	ANTHES, Loren	OH	Cleveland	4 Mile Race	32	Men	37:17	16'15"	6.44	37:17
83	337	HUBAY, Scott	OH	Cleveland	4 Mile Race	32	Men	37:22	16'21"	6.42	37:22
84	318	GRUNDER, Robin	NY	New York City	4 Mile Race	58	Women	37:25	16'23"	6.42	37:25
85	335	HROMADA, Kayla	OH	Sagamore Hls	4 Mile Race	26	Women	37:27	16'26"	6.41	37:27
86	242	BALLA, Bryan	OH	Cuyahoga Fls	4 Mile Race	44	Men	37:27	16'26"	6.41	37:27
87	266	CHAPMAN, Kimberly	OH	Cuyahoga Fls	4 Mile Race	27	Women	37:30	16'29"	6.40	37:30
88	293	DIFIORE, Emily	OH	Cleveland	4 Mile Race	31	Women	37:45	16'44"	6.36	37:45
89	371	LUPICA, Allison	OH	Cleveland	4 Mile Race	26	Women	37:46	16'45"	6.35	37:46
90	477	WATERMAN, Jeff	OH	Seven Hills	4 Mile Race	34	Men	37:48	16'46"	6.35	37:48



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91	291	DETWEILER, Kristy	OH	Middlefield	4 Mile Race	37	Women	37:49	16'48"	6.35	37:49
92	434	SHAFERZATKO, Brandon	OH	Cleveland	4 Mile Race	25	Men	37:53	16'51"	6.34	37:53
93	352	KERNS, Mike	OH	Copley	4 Mile Race	36	Men	37:57	16'55"	6.32	37:57
94	273	CLARKE, Lauren	OH	Chagrin Falls	4 Mile Race	31	Women	38:12	17'10"	6.28	38:12
95	298	ELASSI, Khalil	OH	Cleveland	4 Mile Race	33	Men	38:17	17'16"	6.27	38:17
96	283	DARLING, Katherine	OH	Silver Lake	4 Mile Race	25	Women	38:35	17'33"	6.22	38:35
97	410	PETKO, Jeanne	OH	Parma	4 Mile Race	56	Women	38:38	17'36"	6.21	38:38
98	486	WOLAK, Alex	OH	Mentor	4 Mile Race	13	Women	38:41	17'39"	6.21	38:41
99	321	HAMMER, Aimee	OH	Akron	4 Mile Race	23	Women	38:42	17'40"	6.20	38:42
100	336	HROMADA, Tim	OH	Sagamore Hls	4 Mile Race	28	Men	38:42	17'40"	6.20	38:42
101	310	FRISTIK, Kelsey	OH	Lakewood	4 Mile Race	26	Women	38:42	17'40"	6.20	38:42
102	390	MOSKWA, Nena	OH	North Olmsted	4 Mile Race	61	Women	38:47	17'46"	6.19	38:47
103	415	PRESTON, Adam	OH	Mentor	4 Mile Race	43	Men	38:47	17'46"	6.19	38:47
104	359	KRZYS, Sarah	OH	Lakewood	4 Mile Race	26	Women	38:50	17'48"	6.18	38:50
105	339	JALOVEC, Bryan	OH	Rocky River	4 Mile Race	38	Men	39:06	18'05"	6.14	39:06
106	328	HOCHMAN, Jason	OH	Solon	4 Mile Race	37	Men	39:24	18'23"	6.09	39:24
107	347	KANDULA, Prasanth	OH	Cleveland	4 Mile Race	32	Men	39:41	18'40"	6.05	39:41
108	446	STOCKHAUSEN, Edward	OH	Cleveland	4 Mile Race	32	Men	39:44	18'43"	6.04	39:44
109	285	DAVIDSON, Leonard	OH	Vermilion	4 Mile Race	61	Men	39:44	18'43"	6.04	39:44
110	368	LUNDGARD, Emily	OH	Cleveland	4 Mile Race	30	Women	40:00	18'58"	6.00	40:00
111	449	SUEHRSTEDT, Lorelei	OH	Bay Village	4 Mile Race	47	Women	40:06	19'04"	5.99	40:06
112	448	SUEHRSTEDT, Craig	OH	Bay Village	4 Mile Race	46	Men	40:07	19'06"	5.98	40:07
113	288	DEANGELIS, Erin	OH	Olmsted Twp	4 Mile Race	35	Women	40:16	19'14"	5.96	40:16
114	437	SHARKEY, Kim	OH	Rocky River	4 Mile Race	36	Women	40:34	19'33"	5.92	40:34
115	236	ALLISON, Mark	OH	Chagrin Falls	4 Mile Race	51	Men	40:37	19'35"	5.91	40:37
116	581							40:38	19'37"	5.91	40:38
117	249	BENCIN, Eric	OH	Painesville	4 Mile Race	60	Men	40:43	19'41"	5.89	40:43
118	260	BRENNAN, Keith	OH	Cleveland	4 Mile Race	37	Men	40:58	19'57"	5.86	40:58
119	585	SALERNO, Luka				6	Men	40:58	19'57"	5.86	40:58
120	584	SCHLUEDERHERS, Sarah				33	Women	41:05	20'03"	5.84	41:05



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121	589	SALERNO, Nichole				39	Women	41:06	20'05"	5.84	41:06
122	378	MATUSZNY, Lisa	OH	Rocky River	4 Mile Race	48	Women	41:17	20'16"	5.81	41:17
123	300	FALLS, Melanie	OH	Walton Hills	4 Mile Race	66	Women	41:46	20'45"	5.75	41:46
124	232	AGBOVI, Mary	OH	Hudson	4 Mile Race	37	Women	41:48	20'46"	5.74	41:48
125	252	BLANKENSHIP, Lauren	OH	Streetsboro	4 Mile Race	33	Women	41:48	20'47"	5.74	41:48
126	467	VISCOMI, Robin	OH	Middlebrg Hts	4 Mile Race	34	Women	42:32	21'31"	5.64	42:32
127	420	RICH, Natalie	OH	Cleveland	4 Mile Race	37	Women	42:33	21'31"	5.64	42:33
128	271	CHRISTMAN, Angela	OH	Cleveland	4 Mile Race	27	Women	42:39	21'37"	5.63	42:39
129	426	ROYAN, Emma	OH	Cleveland	4 Mile Race	28	Women	42:59	21'57"	5.58	42:59
130	284	DAVIDSON, Jacob	OH	Berea	4 Mile Race	32	Men	43:49	22'47"	5.48	43:49
131	259	BRAVER, Madelaine	OH	Wadsworth	4 Mile Race	20	Women	43:51	22'50"	5.47	43:51
132	251	BLACHMAN, Katie	OH	Highland Hgts	4 Mile Race	26	Women	43:51	22'50"	5.47	43:51
133	257	BRAVER, Kimberly	OH	Wadsworth	4 Mile Race	53	Women	43:51	22'50"	5.47	43:51
134	315	GREER, Dana	OH	Novelty	4 Mile Race	56	Women	43:58	22'57"	5.46	43:58
135	340	JAYNE, Doug	OH	Novelty	4 Mile Race	57	Men	43:59	22'57"	5.46	43:59
136	311	GALLAGHER, Charles	OH	Shaker Hts	4 Mile Race	65	Men	44:10	23'08"	5.43	44:10
137	418	RESAR, Peggy	OH	Grafton	4 Mile Race	61	Women	44:11	23'10"	5.43	44:11
138	263	CABRERA, Krista	OH	Shaker Hts	4 Mile Race	56	Women	44:13	23'11"	5.43	44:13
139	374	MASTROIANNI, Jamie	OH	Independence	4 Mile Race	32	Women	45:22	24'21"	5.29	45:22
140	587	SALERNO, Sophia				10	Women	45:31	24'30"	5.27	45:31
141	588	SALERNO, Eabzo				42	Men	45:33	24'31"	5.27	45:33
142	487	WOLAK, Thomas	OH	Mentor	4 Mile Race	51	Men	45:38	24'37"	5.26	45:38
143	397	NOWYCKYI, Heather	OH	Parma	4 Mile Race	41	Women	46:27	25'26"	5.17	46:27
144	583	REED, Chalotte				26	Women	46:35	25'34"	5.15	46:35
145	344	JOZANOVIC, Martina	OH	Akron	4 Mile Race	27	Women	47:25	26'24"	5.06	47:25
146	312	GARGIULO, Josh	OH	Cleveland	4 Mile Race	33	Men	47:50	26'48"	5.02	47:50
147	231	ADLEY, Meagan	OH	Cleveland	4 Mile Race	30	Women	47:51	26'50"	5.01	47:51
148	409	PEPPEARD, Janelle	OH	Lakemore	4 Mile Race	29	Women	48:14	27'13"	4.98	48:14
149	450	SULL, Nichole	OH	Berea	4 Mile Race	36	Women	48:15	27'14"	4.97	48:15
150	278	CORDELL, Amanda	OH	Cleveland	4 Mile Race	30	Women	48:25	27'23"	4.96	48:25



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151	341	JOHNSON, Zoe	OH	Bay Village	4 Mile Race	47	Women	48:27	27'25"	4.95	48:27
152	326	HAYNE, Jessica	OH	Solon	4 Mile Race	37	Women	48:50	27'48"	4.92	48:50
153	399	OBERLIN, Angela	OH	Lyndhurst	4 Mile Race	28	Women	48:52	27'51"	4.91	48:52
154	595							50:58	29'56"	4.71	50:58
155	599	ANTEL, Stephanie				37	Women	50:59	29'57"	4.71	50:59
156	386	MITCHELL, Laura	OH	Avon	4 Mile Race	37	Women	52:37	31'36"	4.56	52:37
157	466	VANEK, Douglas	OH	Aurora	4 Mile Race	46	Men	54:03	33'01"	4.44	54:03
158	363	LIKAVEC, Alain	OH	Mentor	4 Mile Race	53	Women	54:54	33'52"	4.37	54:54
159	436	SHAMBERGER, Ivy	OH	Euclid	4 Mile Race	1	Women	56:44	35'43"	4.23	56:44
160	324	HAYES, Ariel	OH	Euclid	4 Mile Race	34	Women	57:09	36'07"	4.20	57:09
161	325	HAYES, Rayshawn	OH	Euclid	4 Mile Race	37	Men	58:48	37'47"	4.08	58:48
162	412	PHILLIPS, Breahna	OH	Parma Heights	4 Mile Race	22	Women	59:00	37'59"	4.07	59:00
163	400	PAGAN, Alyssia	OH	Parma Heights	4 Mile Race	24	Women	59:03	38'02"	4.06	59:03
164	482	WHOLEY, Matthew	OH	Shaker Hts	4 Mile Race	32	Men	59:34	38'33"	4.03	59:34
165	365	LINDROTH, Karen	OH	Hudson	4 Mile Race	54	Women	59:47	38'45"	4.01	59:47
166	323	HANSEN, Renee	OH	Hudson	4 Mile Race	60	Women	1:00:13	39'12"	3.99	1:00:13
167	432	SCHERER, Laura	OH	Cleveland	4 Mile Race	53	Women	1:00:36	39'34"	3.96	1:00:36
168	406	PATRICK, Kevin	OH	Cleveland	4 Mile Race	26	Men		-1 lap		