

Michelle Bonura Memorial 5K Run/Walk

Race Date
June 07, 2025

Age Graded Results

5K Open

Record Female: 14:46.00

Record Male: 12:59.00

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>Actual Time</u>	<u>Factor</u>	<u>Net Time</u>	<u>Percent</u>
1	Leah Nowakowski	Lake Ronkonkoma	158	12	F	20:40.80	0.8958	18:31.51	0.7971
2	Alan Baisch	Deer Park Ny NY	124	63	M	21:14.35	0.7930	16:50.56	0.7709
3	Neil Tipograph	New York NY	46	68	M	23:44.95	0.7592	18:01.82	0.7201
4	Kc Brett	Pjsta. NY	39	64	M	23:02.05	0.7863	18:06.71	0.7169
5	David Parker	Sound Beach NY	180	60	M	22:42.23	0.8131	18:27.63	0.7033
6	Andy Guerrero	Rocky Point NY	166	27	M	18:36.70	1.0000	18:36.70	0.6976
7	Lucas Parker	Sound Beach NY	81	14	M	19:38.08	0.9482	18:37.06	0.6974
8	Allison Creighton	Miller Place NY	94	16	F	21:52.72	0.9680	21:10.71	0.6973
9	Briana Taylor	wading river NY	179	53	F	24:37.43	0.8645	21:17.24	0.6937
10	Kevin Weldon	Medford NY	67	46	M	20:47.82	0.9069	18:51.65	0.6884
11	Sharon Zuhoski	Middle Island NY	35	71	F	31:45.44	0.6898	21:54.37	0.6741
12	Michael Oliveri	East Islip NY	14	70	M	25:56.22	0.7433	19:16.74	0.6735
13	Jack Shappy	Bohemia NY	187	41	M	20:32.41	0.9404	19:18.96	0.6722
14	Karen Harte	West Islip NY	120	50	F	24:50.50	0.8937	22:12.06	0.6651
15	Joseph Lazzaro	Ridge NY	50	79	M	30:34.85	0.6408	19:35.77	0.6625
16	glenn murphy	miller place NY	170	66	M	25:37.27	0.7729	19:48.16	0.6556
17	Dustin Desroches	Wading River NY	114	57	M	24:08.02	0.8332	20:06.49	0.6457
18	Glenn Morse	Massapequa NY	167	76	M	29:36.93	0.6806	20:09.38	0.6441
19	Victoria Hamilton	Wading River NY	142	14	F	24:39.37	0.9351	23:03.36	0.6405
20	Jennifer Tully	Patchogue NY	12	49	F	25:35.33	0.9034	23:07.02	0.6388
21	Mona Rechner	Saint James NY	32	72	F	34:08.98	0.6801	23:13.51	0.6358
22	Kevin Bullis	Port Jefferson NY	78	59	M	25:03.62	0.8198	20:32.67	0.6320
23	Jennifer Naples	Miller Place NY	15	51	F	26:27.96	0.8840	23:23.76	0.6312
24	Anthony Naples	Miller Place NY	122	20	M	20:51.66	1.0000	20:51.66	0.6224
25	Ted Wolfersdorf	East Quogue NY	160	35	M	21:19.64	0.9790	20:52.77	0.6218
26	Janet Longo	Coram NY	23	69	F	34:10.04	0.7092	24:13.89	0.6094
27	Tom Sherlock	Wading River NY	146	65	M	27:29.03	0.7796	21:25.58	0.6060
28	Michael Edmonds	Rocky Point NY	115	38	M	22:25.53	0.9605	21:32.38	0.6028
29	Kristen Miracle	Shoreham NY	172	36	F	24:54.79	0.9906	24:40.74	0.5984
30	Angela Montana	Coram NY	153	55	F	29:32.85	0.8451	24:58.24	0.5914
31	Joseph Whelan	Wading River NY	161	29	M	22:04.15	0.9987	22:02.43	0.5891
32	Emma Yan	Plainview NY	31	15	F	26:25.60	0.9520	25:09.49	0.5870
33	Craig Caperna	Coram NY	189	59	M	27:01.75	0.8198	22:09.51	0.5859
34	Gary Comstock	East Northport NY	138	56	M	26:25.29	0.8399	22:11.49	0.5851
35	Pete Maritato	Shoreham NY	104	67	M	29:16.98	0.7662	22:26.20	0.5787
36	Francine Ronan	Port Jefferson	97	60	F	32:05.96	0.7966	25:34.22	0.5775
37	Katie Kid	Wading River NY	55	39	F	26:11.17	0.9785	25:37.39	0.5763
38	Taylor Comstock	East Northport NY	137	16	F	26:29.37	0.9680	25:38.51	0.5759
39	Mia Riley	Sound Beach NY	41	19	F	25:43.83	1.0000	25:43.83	0.5739
40	Heather Sager	Shoreham NY	58	28	F	26:14.76	1.0000	26:14.76	0.5626
41	Kelly Bennett	Wading River NY	151	28	F	26:15.13	1.0000	26:15.13	0.5625
42	Wuming Yan	Plainview NY	30	40	M	24:27.89	0.9471	23:10.24	0.5603
43	Theodore Warren	Mastic NY	144	56	M	27:39.42	0.8399	23:13.75	0.5589
44	Adrian McAfee	Stony Brook NY	164	28	M	23:15.68	0.9997	23:15.26	0.5583
45	Jason Zeller	Syosset NY	155	48	M	26:19.41	0.8935	23:31.20	0.5520
46	Michael Dillon	Deer Park NY	184	67	M	30:48.83	0.7662	23:36.57	0.5499
47	Michele Chattaway	Riverhead NY	60	73	F	40:21.12	0.6703	27:02.88	0.5459
48	John Glasser	Farmingville NY	100	50	M	27:07.42	0.8801	23:52.29	0.5439
49	Andrew Dalbey	Lindenhurst NY	131	48	M	27:18.20	0.8935	24:23.73	0.5322
50	Donald Lyons	West Babylon NY	17	55	M	28:54.42	0.8466	24:28.36	0.5305
51	Kristen Horn	Smithtown NY	119	42	F	29:14.48	0.9616	28:07.11	0.5252
52	Israel Gedeon	Centereach NY	136	39	M	25:55.50	0.9538	24:43.64	0.5251
53	Paula Hill	Riverhead NY	130	74	F	42:42.34	0.6606	28:12.68	0.5234

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Place	Name	City	Bib No	Age	Gend	Actual Time	Factor	Net Time	Percent
54	Nora Guido	Rocky Point NY	42	52	F	32:17.34	0.8743	28:13.82	0.5231
55	Kenneth Sager	Shoreham NY	61	61	M	31:07.28	0.8064	25:05.77	0.5173
56	Thea Powers	Islip NY	141	8	F	35:59.43	0.7954	28:37.61	0.5158
57	Mari-Rose Holmes	Miller Place NY	37	18	F	28:53.18	0.9960	28:46.25	0.5133
58	Frank Holmes	Miller Place NY	36	58	M	30:42.43	0.8265	25:22.77	0.5116
59	Kathleen Cergol	Sayville NY	162	58	F	35:44.43	0.8160	29:09.85	0.5063
60	Jack Dimaggio	Smithtown NY	200	59	M	31:17.12	0.8198	25:38.86	0.5062
61	Joanna Campo	Rocky Point NY	108	49	F	32:24.03	0.9034	29:16.24	0.5045
62	Gail Miranda	Hampton Bays NY	68	64	F	38:39.44	0.7577	29:17.44	0.5041
63	Sandra Jantzen	Palm Beach	54	55	F	34:52.86	0.8451	29:28.68	0.5009
64	Linda Simon	Jericho NY	52	72	F	44:18.64	0.6801	30:08.14	0.4900
65	Brianne Quackenbush	Farmingdale NY	183	37	F	30:38.64	0.9871	30:14.92	0.4882
66	Kyle Brogan	Rocky Point NY	5	23	M	26:41.24	1.0000	26:41.24	0.4865
67	Cristina Shapiro	New York NY	109	50	F	34:02.13	0.8937	30:25.05	0.4855
68	Patricia Sandoval	Sound Beach NY	82	50	F	34:03.05	0.8937	30:25.87	0.4853
69	John Graziano	Riverhead NY	13	56	M	31:53.58	0.8399	26:47.22	0.4847
70	Danielle Dench	Center Moriches	147	50	F	34:34.18	0.8937	30:53.69	0.4780
71	Wyatt Secor	Manorville NY	194	8	M	35:55.97	0.7562	27:10.34	0.4778
72	Riley McNally	Mount Sinai NY	140	21	F	31:00.16	1.0000	31:00.16	0.4763
73	Genevieve Diller	Port Jefferson Sta	95	33	F	31:04.78	0.9977	31:00.49	0.4762
74	Bret Harrison	Stony Brook NY	72	42	M	29:16.98	0.9337	27:20.49	0.4749
75	Abby Rosato	Mattituck NY	185	22	F	31:09.79	1.0000	31:09.79	0.4739
76	Keri Peragine	Yaphank NY	191	50	F	34:51.78	0.8937	31:09.42	0.4739
77	Sadie Secor	Manorville NY	195	12	F	34:51.41	0.8958	31:13.49	0.4729
78	Joseph Maiorana	Shirley NY	171	55	M	32:47.56	0.8466	27:45.74	0.4677
79	Zoe Riley	Brooklyn NY	150	25	F	32:07.01	1.0000	32:07.01	0.4598
80	Melissa Reyes	Selden NY	163	27	F	32:07.01	1.0000	32:07.01	0.4598
81	Sheila Isaacs	Shoreham NY	186	87	F	1:04:16.0	0.5004	32:09.59	0.4592
82	Michelle Hoffman	Wading River NY	99	27	F	32:26.18	1.0000	32:26.18	0.4553
83	John Furey	Ridge NY	118	40	M	30:06.76	0.9471	28:31.18	0.4552
84	Janes Constantine	Ridge NY	135	60	M	35:09.84	0.8131	28:35.51	0.4541
85	Lewis Portal	Medford NY	126	57	M	34:42.57	0.8332	28:55.20	0.4489
86	Melissa Brophy	Rocky Point NY	7	44	F	35:04.90	0.9476	33:14.60	0.4442
87	Stephanie Becker	Port Jefferson	1	53	F	38:28.74	0.8645	33:15.91	0.4439
88	Sherin Shanahan	Middle Island NY	2	53	F	38:28.95	0.8645	33:16.09	0.4439
89	Robert Holland	Ridge NY	88	59	M	35:52.44	0.8198	29:24.57	0.4415
90	Patti Roehrig	Brightwaters NY	91	36	F	34:24.89	0.9906	34:05.48	0.4332
91	Amanda Holland	Ridge NY	87	15	F	35:52.25	0.9520	34:08.94	0.4324
92	Jennifer Conti	Rocky Point NY	57	57	F	41:29.10	0.8257	34:15.25	0.4311
93	Robert Sidlowski	Hampton Bays New	64	82	M	50:42.22	0.5955	30:11.64	0.4300
94	Charles Conti	Shoreham NY	59	30	M	30:36.29	0.9970	30:30.78	0.4255
95	Ashley Kazel	Manorville NY	192	41	F	35:56.65	0.9678	34:47.21	0.4245
96	Madison Licalzi	Stony Brook NY	154	24	F	35:02.56	1.0000	35:02.56	0.4214
97	Allison Furey	Ridge NY	117	37	F	35:45.16	0.9871	35:17.49	0.4184
98	Magdalena Nowakowski	Lake Ronkonkoma	159	44	F	37:23.36	0.9476	35:25.81	0.4168
99	Carol Sherlock	Wading River NY	63	62	F	45:57.64	0.7772	35:43.24	0.4134
100	Tricia Powers	Islip NY	123	35	F	36:01.79	0.9935	35:47.74	0.4125
101	Madison Borchers	Port Jefferson	174	23	F	35:48.34	1.0000	35:48.34	0.4124
102	Nancy Black	Sound Beach NY	56	57	F	43:29.50	0.8257	35:54.66	0.4112
103	Charlie Tumminello	Kings Park NY	152	25	M	31:39.88	1.0000	31:39.88	0.4100
104	April Rosequist	Miller Place NY	29	51	F	41:27.23	0.8840	36:38.71	0.4030
105	Janine Leute	East Setauket NY	149	51	F	41:30.20	0.8840	36:41.34	0.4025
106	Jaclyn Dagnall	Rocky Point NY	201	36	F	37:18.74	0.9906	36:57.70	0.3995

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107	Carole Warren	Mastic NY	145	54	F	43:18.89	0.8548	37:01.53	0.3988
108	Michael Vosilla	Shoreham NY	71	42	M	34:55.70	0.9337	32:36.76	0.3981
109	Huda Jatoi	Mount Sinai NY	139	20	F	37:14.51	1.0000	37:14.51	0.3965
110	Tim Donnelly	Brightwaters NY	92	39	M	34:24.18	0.9538	32:48.81	0.3957
111	Mary Brett	Pjsta. NY	40	60	F	46:58.95	0.7966	37:25.58	0.3946
112	Dawn Borchers	Port Jefferson	128	58	F	46:07.35	0.8160	37:38.16	0.3924
113	Elijah Lam	Stony Brook NY	165	19	M	33:49.04	1.0000	33:49.04	0.3839
114	Meghan Daucher	New York NY	125	40	F	39:37.81	0.9734	38:34.56	0.3828
115	Kristin Boccafolo	Northport NY	175	39	F	39:38.19	0.9785	38:47.06	0.3807
116	Kera Reed	Shoreham NY	62	39	F	39:43.19	0.9785	38:51.95	0.3799
117	Alicia Roedl	Wantagh NY	132	48	F	42:42.48	0.9131	38:59.80	0.3787
118	Nancy Anderson	Port Jefferson	113	56	F	46:59.74	0.8354	39:15.61	0.3761
119	Donna Lombardi	Centereach NY	107	65	F	52:42.20	0.7480	39:25.33	0.3746
120	Patricia Capone	Wading River NY	18	76	F	1:02:26.4	0.6412	40:02.22	0.3688
121	Susan Bonura	Shoreham NY	25	64	F	53:02.85	0.7577	40:11.65	0.3674
122	Catherine Conti	Rocky Point NY	96	23	F	40:32.09	1.0000	40:32.09	0.3643
123	Dorothy Durand	Port Jefferson	198	51	F	45:59.45	0.8840	40:39.35	0.3632
124	Mike Maxwell	Calverton NY	77	62	M	45:12.09	0.7997	36:08.86	0.3592
125	Celeste Rice	Stony Brook NY	11	59	F	51:23.69	0.8063	41:26.38	0.3563
126	Gary Suzik	Rocky Point NY	196	80	M	59:22.18	0.6263	37:10.99	0.3492
127	Olivia Grodski	Riverhead NY	168	10	F	51:07.71	0.8493	43:25.41	0.3401
128	Theresa Fogal	Rocky Point NY	6	54	F	51:03.00	0.8548	43:38.25	0.3384
129	Elizabeth Tomlet	Medford NY	182	44	F	46:04.84	0.9476	43:39.96	0.3382
130	Grace Cacciatore	Oakdale NY	121	71	F	1:03:37.3	0.6898	43:53.19	0.3365
131	Dawn Gempel	Rocky Point NY	116	53	F	50:51.98	0.8645	43:58.44	0.3358
132	Jessica Hesther	Shoreham NY	199	52	F	50:32.45	0.8743	44:11.27	0.3342
133	James Mateiko	Manor Park Ny NY	73	55	M	46:28.25	0.8466	39:20.53	0.3300
134	Irene Lam	Stony Brook NY	47	55	F	53:25.75	0.8451	45:09.18	0.3270
135	Dianne Fremont	Wading River NY	98	69	F	1:04:16.5	0.7092	45:35.09	0.3239
136	Robert Holland	Ridge NY	89	17	M	41:00.08	0.9922	40:40.89	0.3192
137	Erin Morano	Shoreham NY	148	50	F	53:35.63	0.8937	47:53.81	0.3083
138	William Ericson	Shoreham NY	133	68	M	55:50.40	0.7592	42:23.62	0.3063
139	Nicholas Bonura	Shoreham NY	24	68	M	55:51.06	0.7592	42:24.12	0.3062
140	Michelle Romano	Holtsville NY	181	44	F	51:05.55	0.9476	48:24.92	0.3050
141	Avery Peragine	Yaphank NY	193	17	F	50:53.50	0.9840	50:04.64	0.2949
142	Noah Lam	Stony Brook NY	48	55	M	54:19.23	0.8466	45:59.26	0.2823
143	Jennifer Schnabel	Middle Island NY	79	40	F	54:16.72	0.9734	52:50.09	0.2795
144	James Sinacore	Miller Place NY	75	68	M	1:01:23.9	0.7592	46:36.83	0.2785
145	Justine Garvin	Ridge NY	80	37	F	54:15.16	0.9871	53:33.17	0.2757
146	Skylar Calabro-Lahann	Smithtown NY	70	23	F	53:51.86	1.0000	53:51.86	0.2742
147	Emily Jaeger	Rocky Point NY	4	22	F	53:52.26	1.0000	53:52.26	0.2741
148	David Maiman	Middle Island NY	106	42	M	51:07.89	0.9337	47:44.49	0.2720
149	Constance Capone	Manorville NY	19	48	F	1:02:26.7	0.9131	57:01.15	0.2590
150	Lily Capone	Manorville NY	21	14	F	1:02:24.2	0.9351	58:21.26	0.2531
151	Libby A. Ludwig	East Northport NY	173	42	F	1:01:00.6	0.9616	58:40.09	0.2517
152	Becky Grodski	Riverhead NY	169	40	F	1:00:33.7	0.9734	58:57.07	0.2505
153	Marissa Joyce	Lindenhurst NY	188	37	F	1:01:00.9	0.9871	1:00:13.72	0.2452
154	Nycole Finn	Babylon NY	93	36	F	1:01:00.9	0.9906	1:00:26.54	0.2443
155	Ellie-Anna Capone	Manorville NY	20	17	F	1:02:24.2	0.9840	1:01:24.35	0.2405
156	John Grodski	Riverhead NY	197	43	M	59:33.16	0.9270	55:12.32	0.2352
157	Raffaele Delellis	Smithtown NY	69	22	M	59:36.46	1.0000	59:36.46	0.2178