

# Run For The Hills 5K 2023

## Overall Male Runner

Place	Bib #	Name	Time	Type	City
1	158	MANUEL RODRIGUEZ	00:22:59.00	Runner	
2	198	MARTIN MCELHINEY	00:24:33.90	Runner	
3	176	FRANK SOWALSKY	00:26:59.60	Runner	

## Overall Female Runner

Place	Bib #	Name	Time	Type	City
1	166	CORA PACHECO	00:25:03.48	Runner	
2	185	ROSALYNN FREDERICK	00:26:32.11	Runner	
3	209	CAROLINE BISHOP	00:27:11.64	Runner	

## Male 0 - 18

Place	Bib #	Name	Time	Type	City
1	161	RAPHAEL SMITH	00:27:16.48	Runner	
2	148	ROBERT DOWD-CABRAL	00:28:02.63	Runner	
3	142	JOHN ADAMS	00:33:48.56	Runner	

## Female 0 - 18

Place	Bib #	Name	Time	Type	City
1	141	RAEANNE HICKSON	00:29:01.40	Runner	
2	165	ELISE PACHECO	00:30:10.25	Runner	
3	157	LUCIANA RODRIGUEZ	00:30:38.14	Runner	

## Male 30 - 39

Place	Bib #	Name	Time	Type	City
1	149	BRAD ROBLIN	00:30:22.21	Runner	

## Female 30 - 39

Place	Bib #	Name	Time	Type	City
1	150	KATE ROBLIN	00:30:19.43	Runner	
2	190	ANNIKA BRIGGS	00:37:04.57	Runner	

## Male 40 - 49

Place	Bib #	Name	Time	Type	City
1	162	TOWNSEND SMITH	00:27:16.53	Runner	
2	210	ANDY WONG	00:28:29.27	Runner	
3	178	JOHN TOWNSEND	00:29:03.53	Runner	

## Female 40 - 49

Place	Bib #	Name	Time	Type	City
1	139	ABIGAIL RUBLE	00:28:38.00	Runner	
2	194	JULIANE HIAM	00:31:14.88	Runner	
3	188	REAGAN TANGNEY	00:31:48.84	Runner	

## Male 50 - 59

Place	Bib #	Name	Time	Type	City
1	160	SIMON MILLER	00:32:56.08	Runner	
2	207	CHRISTIAN DEGENHARDT	00:37:54.03	Runner	
3	191	PETER DILLON	00:42:54.90	Runner	Stockbridge

## Female 50 - 59

Place	Bib #	Name	Time	Type	City
1	204	KIMBERLY MEYERS	00:28:27.12	Runner	Otis
2	171	JO-ANNE BRODERICK	00:40:21.57	Runner	
3	153	CATHERINE CALAME	00:40:46.77	Runner	

## Female 60 - 69

Place	Bib #	Name	Time	Type	City
1	152	SHARON MEYER	00:30:54.89	Runner	
2	177	ELIZABETH ROY-NORTON	00:33:40.00	Runner	
3	208	ALISON LARKIN	00:39:02.97	Runner	

## Female 70 - 120

Place	Bib #	Name	Time	Type	City
1	184	JOAN URY	00:43:31.95	Runner	
2	203	CAROL NOBLE	00:43:33.09	Runner	

# Run For The Hills 5K 2023

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	MANUEL RODRIGUEZ		M: 1	RUNNER	158	00:22:59.01	07:23	8.1mph	Overall Male Runner: 1
2	MARTIN MCELHINEY		M: 2	RUNNER	198	00:24:33.91	07:54	7.6mph	Overall Male Runner: 2
3	CORA PACHECO		F: 1	RUNNER	166	00:25:03.49	08:03	7.4mph	Overall Female Runner: 1
4	ROSALYNN FREDERICK		F: 2	RUNNER	185	00:26:32.12	08:32	7.0mph	Overall Female Runner: 2
5	FRANK SOWALSKY		M: 3	RUNNER	176	00:26:59.61	08:41	6.9mph	Overall Male Runner: 3
6	CAROLINE BISHOP		F: 3	RUNNER	209	00:27:11.65	08:45	6.9mph	Overall Female Runner: 3
7	RAPHAEL SMITH		M: 4	RUNNER	161	00:27:16.49	08:46	6.8mph	Male 0 - 18: 1
8	TOWNSEND SMITH		M: 5	RUNNER	162	00:27:16.54	08:46	6.8mph	Male 40 - 49: 1
9	ROBERT DOWD-CABRAL		M: 6	RUNNER	148	00:28:02.64	09:01	6.6mph	Male 0 - 18: 2
10	KIMBERLY MEYERS	OTIS, MA	F: 4	RUNNER	204	00:28:27.13	09:09	6.6mph	Female 50 - 59: 1
11	ANDY WONG		M: 7	RUNNER	210	00:28:29.28	09:10	6.5mph	Male 40 - 49: 2
12	ABIGAIL RUBLE		F: 5	RUNNER	139	00:28:38.01	09:12	6.5mph	Female 40 - 49: 1
13	RAEANNE HICKSON		F: 6	RUNNER	141	00:29:01.41	09:20	6.4mph	Female 0 - 18: 1
14	JOHN TOWNSEND		M: 8	RUNNER	178	00:29:03.53	09:21	6.4mph	Male 40 - 49: 3
15	ELISE PACHECO		F: 7	RUNNER	165	00:30:10.26	09:42	6.2mph	Female 0 - 18: 2
16	KATE ROBLIN		F: 8	RUNNER	150	00:30:19.44	09:45	6.1mph	Female 30 - 39: 1
17	BRAD ROBLIN		M: 9	RUNNER	149	00:30:22.22	09:46	6.1mph	Male 30 - 39: 1
18	LUCIANA RODRIGUEZ		F: 9	RUNNER	157	00:30:38.15	09:51	6.1mph	Female 0 - 18: 3
19	SHARON MEYER		F: 10	RUNNER	152	00:30:54.90	09:57	6.0mph	Female 60 - 69: 1
20	YUSSEF COLE		M: 10	RUNNER	151	00:30:57.55	09:57	6.0mph	Male 40 - 49: 4
21	KEALY DEVERGILIO		F: 11	RUNNER	193	00:31:05.90	10:00	6.0mph	Female 0 - 18: 4
22	JULIANE HIAM		F: 12	RUNNER	194	00:31:14.88	10:03	6.0mph	Female 40 - 49: 2
23	REAGAN TANGNEY		F: 13	RUNNER	188	00:31:48.85	10:14	5.9mph	Female 40 - 49: 3
24	SHANNON STURM		F: 14	RUNNER	143	00:32:35.84	10:29	5.7mph	Female 40 - 49: 4
25	FRANKIE KERESSE		F: 15	RUNNER	205	00:32:49.91	10:34	5.7mph	Female 0 - 18: 5
26	SIMON MILLER		M: 11	RUNNER	160	00:32:56.09	10:36	5.7mph	Male 50 - 59: 1
27	KATIE RUBRIGHT		F: 16	RUNNER	154	00:33:01.31	10:37	5.6mph	Female 40 - 49: 5
28	ELIZABETH ROY-NORTON		F: 17	RUNNER	177	00:33:40.01	10:50	5.5mph	Female 60 - 69: 2
29	JOHN ADAMS		M: 12	RUNNER	142	00:33:48.57	10:52	5.5mph	Male 0 - 18: 3
30	JAEDEN ALSTON		M: 13	RUNNER	140	00:34:21.21	11:03	5.4mph	Male 0 - 18: 4
31	MARGOT COX		F: 18	RUNNER	179	00:36:22.62	11:42	5.1mph	Female 0 - 18: 6
32	MARY WILLIAMS		F: 19	RUNNER	145	00:36:50.68	11:51	5.1mph	Female 0 - 18: 7
33	ANNIKA BRIGGS		F: 20	RUNNER	190	00:37:04.58	11:56	5.0mph	Female 30 - 39: 2
34	CHRISTIAN DEGENHARDT		M: 14	RUNNER	207	00:37:54.04	12:11	4.9mph	Male 50 - 59: 2
35	ROSEMARY EDWARDS		F: 21	RUNNER	164	00:38:46.81	12:28	4.8mph	Female 40 - 49: 6
36	ALISON LARKIN		F: 22	RUNNER	208	00:39:02.98	12:34	4.8mph	Female 60 - 69: 3
37	SARAH STINER		F: 23	RUNNER	211	00:39:57.14	12:51	4.7mph	Female 60 - 69: 4
38	JO-ANNE BRODERICK		F: 24	RUNNER	171	00:40:21.58	12:59	4.6mph	Female 50 - 59: 2
39	AMY SHADIC		F: 25	RUNNER	169	00:40:21.80	12:59	4.6mph	Female 40 - 49: 7
40	CATHERINE CALAME		F: 26	RUNNER	153	00:40:46.78	13:07	4.6mph	Female 50 - 59: 3
41	PETER DILLON	STOCKBRIDGE, MA	M: 15	RUNNER	191	00:42:54.90	13:48	4.3mph	Male 50 - 59: 3
42	JOAN URY		F: 27	RUNNER	184	00:43:31.96	14:00	4.3mph	Female 70 - 120: 1
43	CAROL NOBLE		F: 28	RUNNER	203	00:43:33.10	14:01	4.3mph	Female 70 - 120: 2
44	MEG BADEN		F: 29	RUNNER	111	00:45:41.96	14:42	4.1mph	Female 40 - 49: 8
45	CHRISTINE BUMP		F: 30	RUNNER	202	00:45:46.43	14:43	4.1mph	Female 40 - 49: 9
46	FRANK PARNEL		M: 16	RUNNER	201	00:45:47.54	14:44	4.1mph	Male 50 - 59: 4
47	SARAH MALONEY		F: 31	RUNNER	186	00:50:38.78	16:18	3.7mph	Female 19 - 29: 1
48	JAMIE KACZOWSKI		F: 32	RUNNER	187	00:50:39.08	16:18	3.7mph	Female 19 - 29: 2
49	EUGENE KALISH		M: 17	RUNNER	155	00:55:32.81	17:52	3.4mph	Male 70 - 120: 1
50	JOANNA COLANERI		F: 33	RUNNER	159	00:56:20.76	18:08	3.3mph	Female 50 - 59: 4
51	PAUL KANE		M: 18	RUNNER	168	01:02:08.38	20:00	3.0mph	Male 50 - 59: 5
52	LAURA KANE		F: 34	RUNNER	167	01:02:08.91	20:00	3.0mph	Female 50 - 59: 5
53	DOROTHY MAFFEI		F: 35	RUNNER	156	01:02:27.76	20:06	3.0mph	Female 70 - 120: 3
54	ROBIN KRIESBERG		F: 36	RUNNER	163	01:02:28.60	20:06	3.0mph	Female 60 - 69: 5
55	KAREN SELTZER		F: 37	RUNNER	183	01:04:22.48	20:43	2.9mph	Female 60 - 69: 6
56	SUSAN WEINSTEIN		F: 38	RUNNER	182	01:04:23.29	20:43	2.9mph	Female 70 - 120: 4