

10th Annual Bow Street Market Tortoise & Hare 5K
 Freeport, Maine Saturday, April 27, 2019
 Proceeds to benefit The Freeport Running Boosters
 Timing, Registration, & Finish Line Management by Run In A Race, LLC
 question@RunInARace.com 207-232-8394 RunInARace.com

5K Age Group Results

Tortoise's are minutes and seconds of finish times slower than predicted time.

Hare's are minutes and seconds of finish times faster than predicted time.

5K Top Female Overall

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	640	Katie Caiazzo	24:14.46	7:49	9:23:00.00		1:14.46	32	Cumberland

5K Top Male Overall

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	643	Ron Peck	18:52.42	6:05	9:18:45.00		0:07.42	43	Waterville

Female 13 - 19

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	639	Ryan Runner	33:12.65	10:43	9:24:43.00		8:29.65	13	Durham

Female 20 - 29

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	648	Stephanie MacIsaac	29:24.60	9:29	9:31:10.00	1:45.40		26	Portland
2	259	Heather Kelley	37:35.60	12:07	9:33:12.00		4:23.60	27	Rockport

Female 30 - 39

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	271	Emily Wagner	24:52.69	8:01	9:23:00.00		1:52.69	32	Waterville
2	638	Stacy Howarth	33:06.30	10:41	9:24:43.00		8:23.30	39	Durham
3	273	Kristin White	36:07.71	11:39	9:36:00.00		0:07.71	32	Portland
4	206	Amber Duguay	45:21.25	14:38	9:48:00.00	2:38.74		30	Yarmouth

Female 40 - 49

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	268	Kate Smith	30:38.47	9:53	9:34:00.00	3:21.52		42	Freeport
2	156	Amy Douglass	34:25.95	11:06	9:33:15.00		1:10.95	47	Scarborough

3	211	Maxine Guay	37:06.32	11:58	9:25:00.00		12:06.32	42	Freeport
4	207	Shannon Garrity	41:04.04	13:15	9:43:58.00	2:53.95		47	Freeport
5	252	Monique Hewling	49:48.79	16:04	9:47:00.00		2:48.79	49	Jefferson City
6	272	Donna Wampole	52:14.31	16:51	9:48:12.00		4:02.31	41	Portland

Female 50 - 59

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	265	Julie Millard	24:36.20	7:56	9:25:30.00	0:53.79		55	Waterville
2	644	Evelyn Poppel	36:32.88	11:47	9:35:00.00		1:32.88	51	Burlington CT
3	256	Julie Jones	36:55.39	11:55	9:35:10.00		1:45.39	51	Munford TN

Female 60 - 69

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	96	Joanne Cole	26:51.00	8:40	9:27:30.00	0:38.99		63	New Gloucester
2	83	Kathryn Biberstein	28:53.02	9:19	9:25:30.00		3:23.02	60	Freeport
3	143	Wanda Daniele	41:03.73	13:15	9:28:53.00		12:10.73	62	Freeport

Male 12 and Under

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	270	Ian Smith	23:04.67	7:26	9:24:00.00	0:55.32		12	Freeport
2	641	Jack Caiazzo	23:07.56	7:27	9:26:00.00	2:52.43		12	Cumberland

Male 13 - 19

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	448	Nick Mitch	20:21.61	6:34	9:36:00.00	15:38.38		18	Freeport
2	468	Paul Biberstein	22:35.66	7:17	9:20:00.00		2:35.66	18	Freeport
3	635	Thomas Gregoire	26:18.14	8:29	9:26:34.00	0:15.85		15	Durham
4	642	Oliver Harvey	26:18.17	8:29	9:24:00.00		2:18.17	14	Durham

Male 20 - 29

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	262	William Larkins	27:59.49	9:02	9:30:30.00	2:30.50		24	Freeport
2	255	Ryan Jones	30:39.18	9:53	9:23:00.00		7:39.18	27	Scarborough

Male 30 - 39

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	647	Matt Greear	22:40.19	7:19	9:22:30.00		0:10.19	37	Durham
2	260	Scott Lamer	22:45.07	7:20	9:23:00.00	0:14.92		39	Falmouth
3	267	Trevor Seaman	23:17.56	7:31	9:15:00.00		8:17.56	35	Freeport

4	254	Mark House	28:45.25	9:16	9:25:00.00		3:45.25	39	Freeport
5	633	Lyndsay Vachon	39:02.58	12:35	9:37:32.00		1:30.58	39	Minot

Male 40 - 49

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	636	Rusty Lamer	19:20.43	6:14	9:19:00.00		0:20.43	46	South Portland
2	646	David Cockburn	24:07.48	7:47	9:24:35.00	0:27.51		46	Durham
3	632	Benjamin Ma	25:40.92	8:17	9:24:50.00		0:50.92	42	Freeport
4	253	Pat Hill	27:59.72	9:02	9:27:00.00		0:59.72	41	Brunswick
5	269	Corey Smith	30:40.04	9:54	9:36:00.00	5:19.95		41	Freeport

Male 50 - 59

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	645	David Poppel	21:19.34	6:53	9:20:30.00		0:49.34	54	Burlington CT
2	261	Nelson Larkins	28:09.00	9:05	9:25:00.00		3:09.00	58	Freeport
3	257	Lyle Jones	34:57.73	11:16	9:34:40.00		0:17.73	54	Munford TN

Male 60 - 69

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	264	Bob MacKinnon	24:50.97	8:01	9:24:07.00		0:43.97	64	Yarmouth
2	634	Pat Horne	25:30.61	8:14	9:23:30.00		2:00.61	62	Pownal
3	439	Scott Samuelson	26:45.37	8:38	9:28:37.00	1:51.62		61	Freeport

Male 70 and Above

Place	Bib #	Name	Finish	Pace	Predicted	Hare	Tortoise	Age	City
1	95	Ron Chase	34:28.92	11:07	9:33:00.00		1:28.92	78	Durham
2	100	John Cole	41:00.41	13:14	9:40:00.00		1:00.41	77	New Gloucester
3	637	Paul McFarland	42:33.27	13:44	9:44:45.00	2:11.72		75	Lincolnvile