

8th Annual Bow Street Market Tortoise & Hare 5K  
 Freeport, Maine Sunday, April 30, 2017  
 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

5K Top Male Overall

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	21	Guertin, Craig	20:23.35	6:35	21:18.00	0:54.64	36	Fitchburg MA

5K Top Female Overall

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	69	Bachelder, Julia	20:45.89	6:42	20:20.00	0:25.89	30	Portland

Male 13 -18

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	13	Doyle, Tom	22:05.96	7:07	20:00.00	2:05.96	17	Freeport
2	72	Morrison, Tanner	23:00.76	7:25	23:13.00	0:12.23	16	Freeport
3	63	Tucker, Rick	25:46.49	8:19	27:00.00	1:13.50	17	Freeport
4	64	Tucker, Jake	25:49.83	8:20	28:00.00	2:10.16	15	Freeport
5	73	Randall, Sam	26:50.04	8:39	25:00.00	1:50.04	15	Pownal
6	49	Shunk, Joshua	36:06.72	11:39	34:00.00	2:06.72	15	Portland

Female 13 -18

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	84	Sclar, Emily	22:24.75	7:14	21:50.00	0:34.75	14	Freeport
2	81	Botting, Olivia	23:13.22	7:29	23:35.00	0:21.77	18	Freeport
3	65	Zachau, Grace	27:02.17	8:43	27:00.00	0:02.17	16	Freeport
4	51	Shunk, Ashley	31:47.14	10:15	32:30.00	0:42.86	18	Portland

Male 19 - 29

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	62	Drawec, Andrew	21:43.07	7:00	23:00.00	1:16.92	24	Belchertown MA
2	29	Larkins, William	25:44.99	8:18	24:50.00	0:54.99	22	Freeport
3	43	Poulin, Henry	27:11.13	8:46	30:00.00	2:48.86	25	Portland

Female 19 - 29

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
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1	76	Noyes, Alexandra	21:17.41	6:52	0:00.00	0:00.00	26	Freeport
2	61	Whitney, Marie	23:09.79	7:28	23:00.00	0:09.79	24	Scarborough
3	39	Painchaud, Cheri	26:46.15	8:38	28:00.00	1:13.84	23	Topsham

Male 30 - 39

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	80	Liudvinaiti, Justin	21:10.88	6:50	25:00.00	3:49.11	39	Lisbon Falls
2	59	Wesolowski, Martin	21:57.09	7:05	27:45.00	5:47.90	35	Freeport
3	31	Lindberg, Jeremy	22:27.05	7:15	22:00.00	0:27.05	36	Freeport
4	77	Ducas, Patrick	22:57.53	7:24	0:00.00	0:00.00	32	Yarmouth
5	68	Greear, Matt	23:53.39	7:42	24:00.00	0:06.60	35	Auburn
6	35	Meade, Sebastian	24:23.52	7:52	26:00.00	1:36.47	37	Freeport
7	78	Reiche, Sam	25:36.82	8:15	0:00.00	0:00.00	32	Freeport
8	24	Hill, Pat	27:37.38	8:55	27:00.00	0:37.38	39	Brunswick
9	9	Cyr, Matthew	29:52.69	9:38	30:00.00	0:07.30	37	Freeport

Female 30 - 39

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	16	Fouren, Laura	23:48.17	7:41	24:30.00	0:41.83	33	Cape Elizabeth
2	85	Ogorzaly, Mae	26:29.01	8:33	30:00.00	3:30.98	31	Portland
3	89	Hedlund-Groden, Kate	28:04.92	9:03	28:00.00	0:04.92	31	Randolph MA
4	8	Currier, Danielle	28:11.56	9:05	36:00.00	7:48.43	38	Cape Elizabeth
5	41	Plourde, Angela	31:11.14	10:04	34:00.00	2:48.85	32	Lisbon Falls
6	60	Wesolowski, Emily	39:29.42	12:44	22:23.00	17:06.42	35	Freeport
7	48	Shunk, Sasha	42:28.17	13:42	39:40.00	2:48.17	38	Portland

Male 40 - 49

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	27	Karwacky, Kurt	20:59.05	6:46	24:00.00	3:00.94	45	Brunswick
2	10	Dubois, Steven	21:32.83	6:57	21:15.00	0:17.83	44	Lisbon Falls
3	83	Sclar, Zak	22:25.16	7:14	21:50.00	0:35.16	46	Freeport
4	58	Walker, Corey	24:18.38	7:50	8:00.00	16:18.38	46	Freeport
5	50	Shunk, James	27:07.23	8:45	32:30.00	5:22.76	41	Portland
6	66	Zachau, Jeff	29:12.27	9:25	29:55.00	0:42.72	49	Freeport
7	71	Morrison, Tim	30:31.89	9:51	33:00.00	2:28.10	41	Freeport

Female 40 - 49

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	70	Morrison, Kathryn	23:55.70	7:43	24:30.00	0:34.29	47	Freeport
2	74	VanNostrand, Karin	28:05.79	9:04	32:00.00	3:54.20	45	Freeport

3	41	Plourde, Angela	31:11.14	10:04	34:00.00	2:48.85	32	Lisbon Falls
4	19	Garrity, Shannon	37:51.32	12:13	41:26.00	3:34.67	45	Freeport
5	67	Zachau, Heather	43:26.96	14:01	45:00.00	1:33.03	49	Freeport

Male 50 - 59

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	28	Larkins, Nelson	23:51.60	7:42	27:00.00	3:08.39	55	Freeport
2	6	Caron, Richard	30:23.07	9:48	28:50.00	1:33.07	53	Brunswick

Female 50 - 59

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	88	King-Horne, Angela	26:51.27	8:40	28:21.00	1:29.72	54	Pownal
2	11	Doiron, Bryn	27:23.19	8:50	25:00.00	2:23.19	55	Wilton
3	42	Poulin, Mary	29:40.65	9:34	27:00.00	2:40.65	57	Carrabassett Va

Male 60 - 69

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	87	Horne, Pat	22:40.62	7:19	28:32.00	5:51.37	60	Pownal
2	82	Trytek, Tom	23:20.77	7:32	23:45.00	0:24.22	61	Harpswell
3	32	MacKinnon, Bob	24:34.77	7:55	24:48.00	0:13.22	62	Yarmouth
4	79	Reiche, Ford	25:36.84	8:15	0:00.00	0:00.00	63	Freeport
5	86	Gould, David	26:45.35	8:38	28:00.00	1:14.64	65	Jay
6	45	Ritter, Geary	30:44.70	9:55	35:00.00	4:15.29	61	South Portland

Female 60 - 69

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	36	Merrill, Deborah	27:27.93	8:51	27:00.00	0:27.93	61	Brunswick
2	75	Daniele, Wanda	37:51.50	12:13	37:30.00	0:21.50	60	Freeport

Female 70 plus

Position	Bib #	Name	Finish	Pace	Predicted	Difference	Age	City
1	56	Tremberth, Joan	29:49.39	9:37	29:00.00	0:49.39	72	Scarborough
2	2	Benham, Madeline	36:44.59	11:51	35:15.00	1:29.59	70	Freeport