

Conquering Challenges 5K

Avon, CT

July 30, 2023

Age-Graded Results

Age grading is a way to compare performances on a level playing field, regardless of age and gender!

A 60% means that your time was 60% as fast as the world record for your age and gender.

Age-performances were calculated using this calculator:

<http://howardgrubb.co.uk/athletics/mldrroad20.html>

	First Name	Last Name	Age	Gender	Bib	Time	Age-Performance
1	REBECCA	STEPHENSON	50	F	73	21:06	78.12%
2	DAVID	RICCIUTI	54	M	74	19:45	76.37%
3	BRITTANY	TELKE	34	F	58	19:25	76.22%
4	SARAH	SAINDON	40	F	47	20:40	73.23%
5	OLIWIA	MARECIK	17	F	39	21:42	68.97%
6	JEFFREY	MCDERMOTT	39	M	40	19:34	68.65%
7	CHRIS	SWENSON	53	M	75	22:22	66.92%
8	LORRAINE	GIANONIO	60	F	25	27:50	66.47%
9	ERIN	IZZO	45	F	31	23:36	66.45%
10	RYAN	ACEY	28	M	1	19:37	65.51%
11	MEREDITH	EVANS	13	F	23	24:38	65.22%
12	BRENT	STRATTON	64	M	56	25:29	64.49%
13	JENNIFER	WELKER	50	F	63	25:41	64.18%
14	DAVID	HOWLAND	42	M	30	21:27	64.02%
15	JANET	TARASUK	48	F	57	25:15	63.89%
16	KAILA	LUJAMBIO	20	F	78	23:18	63.23%
17	JULIAN	STEWARD	15	M	55	21:05	63.08%
18	MICHAEL	AMBROSECCHIO	65	M	3	26:19	63.01%
19	JASON	DUFOUR	50	M	20	23:13	62.96%
20	LAUREN	PARRETT	12	F	44	26:07	62.86%
21	JOHN	SCHMEDLIN	55	M	48	24:15	62.75%
22	NATHANIEL	CRANSON	16	M	10	21:02	62.36%
23	KEVIN	TRANBERG	55	M	62	25:00	60.87%
24	MATTHEW	GREEN	18	M	27	21:21	60.19%
25	JOHN	BARROWS	62	M	5	26:57	59.93%
26	CHRISTY	MILLER	53	F	41	28:32	59.75%
27	SARAH	SMELSTOR	39	F	54	25:37	58.75%
28	VINICIO	DIAZ	33	M	17	22:17	58.04%
29	MATTHEW	GOLDENBERG	45	M	26	24:17	57.86%
30	JEANNE	THOMAS	68	F	59	36:11	56.66%

	First Name	Last Name	Age	Gender	Bib	Time	Age-Performance
31	CAROLINA	LUJAMBIO	50	F	77	29:50	55.25%
32	LINDSAY	DARCY	39	F	13	27:19	55.09%
33	THOMAS	PARRETT	12	M	45	26:05	54.70%
34	GRIFFIN	JOHNSON	17	M	33	23:41	54.68%
35	CRAIG	BOETTGER	71	M	6	32:42	53.98%
36	CALEB	EVANS	16	M	22	24:37	53.28%
37	KELSEY	DUFFY	31	M	19	24:21	52.84%
38	KARLEIGH	WEBB	52	F	76	32:03	52.57%
39	SEAN	ARCHAMBAULT	14	M	4	25:57	52.22%
40	RHEA	ADLER	67	F	2	38:43	52.22%
41	CLEIDE	LOBIANCO	47	F	37	30:53	51.70%
42	CLARE	KELLER	29	F	34	28:47	51.19%
43	DANIELLE	POSTEMSKI	41	F	46	30:35	49.75%
44	ATUL	TOMAR	52	M	60	30:37	48.50%
45	ZARA	DELUCA	34	F	16	30:36	48.37%
46	PRIYANKA	TOMAR	22	F	61	30:36	48.15%
47	CHRIS	CAPELLE	60	M	9	33:31	47.34%
48	JAIME	WILKINSON	46	F	65	33:50	46.75%
49	JAYDEN	JOECKEL	19	M	32	28:04	45.78%
50	BRYNN	WILKINSON	15	F	64	33:50	45.76%
51	JULIE	PARRETT	51	F	43	36:32	45.62%
52	IAN	SKELSKEY	30	M	53	28:16	45.46%
53	JENNIFER	DEAN	46	F	15	34:55	45.30%
54	ISLA	NAPLES	13	F	72	35:31	45.24%
55	LEE	BRADLEY	81	M	8	47:09	45.10%
56	ALISSA	DZIS	30	F	21	32:41	45.08%
57	VIVIAN	ZANONI	44	F	79	34:38	44.90%
58	DEBORAH	SCHULTZ	67	F	50	45:15	44.68%
59	KYRSTY	NAPLES	52	F	71	37:53	44.48%
60	DONNA	ZIELINSKI	57	F	68	42:30	42.00%
61	DAVID	SCHULTZ	74	M	49	44:16	41.64%
62	SHANNON	HAMMOND	35	F	28	36:45	40.36%
63	LINDA	BOETTGER	60	F	7	47:11	39.21%
64	JOLENE	MADISON	41	F	38	40:51	37.25%
65	ALLY	SEGA	50	F	51	55:31	29.69%
66	BEN	WYCKOFF	58	M	66	55:29	28.12%