

5K LCM ePostal National Championship Niagara Records

Women						Men				
<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Year</u>	<u>Place</u>	<u>Age Group</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Year</u>	<u>Place</u>
Marj Rinaldo	21	1:18:05.05	2012	2nd	18-24					
					25-29	James Pokornowski	25	1:05:00.89	2021	2nd
Molly Brown	33	1:18:11.17	2019	3rd	30-34	Andrew Schaefer	31	1:07:28.99	2015	1st
Erin Sheehan	36	1:34:37.99	2021	5th	35-39					
					40-44	Patrick McNelis	40	1:18:07.63	2022	4th
					45-49	Russ Scherwitz	49	1:08:00.69	2022	1st
Cindy Cotter	54	2:06:44.99	2021	8th	50-54					
					55-59					
					60-64					
					65-69	Stephen Langendorfer	66	1:29:28.09	2016	5th
					70-74					
					75-79					
					80-84					
					85-89					
					90-94					
					95-99					