

Personal Records set at the 2011 Fall Frun 10K

65 new PRs were set at the race by individuals who had previously raced the distance.

Bib	First Name	Last Name	Age	Sex	City	State	Prev. PR	Prev. PR Year	New PR	PR Amout
339	Yassmeen	Abdulhamid	28	F	Sunnyside	NY	1:05:18		58:50	6:28
16	Kimberly	Alvarez	42	F	Albany	NY	1:17:06	2011	1:15:02	2:04
20	Daniel	Ayala	26	M	Saratoga Springs	NY	41:55	2011	41:34	0:21
28	Marcy	Beard	42	F	Albany	NY	46:08	2008	45:56	0:12
371	Allan	Bishop	48	M	Clifton Park	NY	49:05		47:47	1:18
38	Randall	Cannell	39	M	Broadalbin	NY	41:17	2011	39:38	1:39
39	John	Caputo	35	M	Coxsackie	NY	48:20	2011	46:46	1:34
50	Jenika	Conboy	39	F	Albany	NY	1:20:00	2011	1:14:27	5:33
53	Paul	Cox	18	M	Troy	NY	40:56	2011	36:19	4:37
383	Andrea	Curtis	25	F	Saratoga Springs	NY	1:02:09		53:30	8:39
60	Hugh	Davis	51	M	Saratoga Springs	NY	41:00	2011	40:17	0:43
62	Alex	DeMarco	42	M	East Greenbush	NY	54:39		54:07	0:32
64	Bob	Dial	47	M	Glenville	NY	1:08:00	2001	1:04:05	3:55
344	William	Dixon	64	M	Brattleboro	VT	37:20		37:16	0:04
72	Jean	Drexler	52	F	Ravena	NY	59:00		58:57	0:03
73	Kalyn	Eagan	27	F	Saratoga Springs	NY	1:07:00	2011	1:05:48	1:12
74	Paul	Eagan	27	M	Saratoga Springs	NY	57:00	2011	53:29	3:31
83	Diane	Ferrara	52	F	Delanson	NY	1:14:21	2011	1:09:02	5:19
88	Maureen	Fitzgerald	54	F	Clifton Park	NY	48:00	2007	47:33	0:27
97	Melissa	Frisbie	26	F	Troy	NY	1:15:00	2011	1:10:14	4:46
104	Karen	Gerstenberger	54	F	Albany	NY	51:58		51:08	0:50
106	Roxanne	Gillen	48	F	Schenectady	NY	53:47	2009	52:30	1:17
113	Andrew	Gravelle	27	M	Clifton Park	NY	41:12	2007	40:30	0:42
116	Beth	Gregory	47	F	Glenville	NY	59:00	2009	53:46	5:14
118	Richard	Hamlin	38	M	Albany	NY	39:08	2011	38:53	0:15
119	Debra	Hansen	25	F	Oneonta	NY	59:26	2011	53:55	5:31
122	Melissa	Hasan	32	F	Latham	NY	55:31	2008	54:12	1:19
124	Gail	Hein	59	F	Altamont	NY	1:00:00		55:55	4:05
130	Hong	Hua	37	M	Waterford	NY	54:21	2004	54:10	0:11
131	Theresa	Hughes	56	F	Ballston Spa	NY	1:05:29	2011	1:02:07	3:22
134	Diana	Hurlbut	28	F	East Greenbush	NY	1:12:00	2011	1:07:19	4:41
137	Mary	Ibbetson	42	F	Selkirk	NY	53:08	2011	51:58	1:10
147	Jennifer	Kehn	24	F	Burnt Hills	NY	55:00	2011	52:41	2:19
341	Rachel	Knaggs	39	F	Troy	NY	1:23:50		1:07:29	16:21
157	Daniel	Krug	32	M	Albany	NY	54:48	2011	51:59	2:49

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162	Jennifer	Larsen	29	F	Clifton Park	NY	1:05:00	2011	59:23	5:37
167	Rebecca	Leonardo	36	F	Clifton Park	NY	1:05:00		1:03:44	1:16
169	Tammy	Liu-Haller	36	F	Greenville	NY	1:06:02	2011	1:05:22	0:40
170	Paul	Loomis	39	M	Malta	NY	52:39	2011	49:45	2:54
174	Anthony	Lupo	48	M	Ballston Spa	NY	46:16	2011	45:11	1:05
187	Jeffrey	Marx	40	M	Castleton	NY	51:23	2011	48:36	2:47
195	Damian	Meehan	38	M	Cohoes	NY	1:00:40	2011	56:48	3:52
197	Danielle	Mellen	32	F	Rensselaer	NY	58:00	2011	57:21	0:39
201	Stephen	Montanaro	45	M	Hagaman	NY	50:00	2010	49:32	0:28
220	Maureen	Nuttall	36	F	East Greenbush	NY	1:09:02		1:03:34	5:28
9	Crystal	Perno	30	F	Clifton Park	NY	40:52	2011	38:49	2:03
238	Stefanie	Pitts	37	F	Schenectady	NY	50:23	2011	46:53	3:30
358	Tina	Quigley	45	F	clifton Park	NY	1:05:00		1:03:29	1:31
251	Ron	Robinson	63	M	Johnstown	NY	1:09:11		1:02:39	6:32
354	Mike	Roda	35	M	Albany	NY	33:26	2011	33:15	0:11
253	Michael	Rogers	21	M	Troy	NY	41:00		38:14	2:46
261	Casey	Ryan	25	F	Waterford	NY	1:18:00	2010	1:10:19	7:41
269	Tom	Scudder	24	M	Albany	NY	44:00	2011	43:18	0:42
273	Bryan	Shults	33	M	Schenectady	NY	57:27	2009	43:04	14:23
282	Bernice	St. Aimee-Ives	38	F	Clifton Park	NY	1:20:52	2011	1:15:18	5:34
374	Laura	Subik	27	F	Gloversville	NY	1:20:00		53:47	26:13
301	Martin	Turnidge	40	M	Delmar	NY	53:30	2011	49:40	3:50
306	Lynn	Verhagen	26	F	Poughkeepsie	NY	52:00	2011	51:19	0:41
308	Kristy	Wagner	34	F	Rensselaer	NY	57:35		56:57	0:38
316	Deanne	Webster	35	F	Albany	NY	47:13	2011	47:01	0:12
317	Vincent	Wenger	47	M	Schenectady	NY	49:11	2011	46:30	2:41
318	Kevin	Whitehead	45	M	Clifton Park	NY	43:00	2011	42:15	0:45
323	Lonnie	Wilson	43	F	Niskayuna	NY	52:40	2011	52:15	0:25
324	John	Winch	44	M	Hudson	NY	50:54	2010	50:11	0:43
331	Kristin	Zielinski	31	F	Altamont	NY	57:30	2011	53:45	3:45