

## Florida LMSC Postal Records Women 2010

	1 Hour		3000 Yards		6000 Yards	
18-24	5085	Kristen Nardoizzi SPM '06	34:37.61	Mary Holman GSC '10	1:09:59.56	Sara Holman GSC '10
25-29	5025	Lisa Summers SPM '97	40:58.14	Leslie Hahn FACT '06	1:32:10.00	Sarah Swoch SPM '10
30-34	5325	Jessica Knapp SPM '10	32:40.73	Jessica Knapp SPM '09	1:07:26.99	Jessica Knapp SPM '09
35-39	5165	Charlotte Petersen SPM '04	39:19.08	Paula Texel SPM '09	1:17:17.98	Bridget Bowman SYSM '09
40-44	5100	Charlotte Petersen SPM '08	34:17.87	Charlotte Petersen SPM '07	1:10:07.08	Charlotte Petersen SPM '07
45-49	4675	Sharon Salzman SPM '05	38:16.41	Sharon Salzman SPM '04	1:19:08.26	Sharon Salzman SPM '03
50-54	4425	Sharon Steinmann SPM '09	39:19.73	Jean Bancks FACT '06	1:27:49.01	Jo Ann Harrelson SPM '07
55-59	4,445	Deb Walker FACT '07	45:22.56	Pam Geiger SPM '08	1:34:51.00	Pam Geiger SPM '08
60-64	4170	Elaine Bromwich SPM '03	47:49.62	Meegan Wilson FACT '09	1:53:58.00	Kate Knight-Perry SPM '97
65-69	3825	Elaine Bromwich SPM '09	50:20.73	Patricia Bond FMM '04	1:57:48.63	Kate Knight-Perry SPM '02
70-74	3560	Patricia Bond FMM '09	49:32.99	Patricia Bond FMM '08	2:05:22.47	Doris Prokopi FMM '08
75-79	3175	Joan Campbell FACT '06	58:19.19	Joan Campbell FMM '06		
80-84	3250	Betty Lorenzi FACT '10	57:53.19	Betty Lorenzi FACT '08	2:54:22.40	Peggy Hughes FMM '01
85-89	2240	Kay Schimpf FMM '03	1:20:34.34	Gertrud Zint FMM '02		
90-94	1600	Frances Cichanski FMM '08				

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	5K		10K			
18-24	1:05:59.55	Sara Holman GSC '10	2:16:23.44	Sara Holman GSC '10		
25-29	1:10:47.33	S Predmore SPM '95	2:34:12.05	Laura Kaleel SPM '89		
30-34	1:13:09.00	Elizabeth Kostreva SPM '10	2:15:56.36	Jessica Knapp SPM '09		
35-39	1:09:54.37	Cathy Shonkwiler UNA '96	2:43:46.00	Pam Geiger SPM '89		
40-44	1:09:12.99	Charlotte Petersen SPM '07	2:50:29.29	Pam Geiger SPM '93		
45-49	1:15:48.00	Sharon Salzman SPM '04	2:41:48.00	Sharon Salzman SPM '03		
50-54	1:17:58.00	Sharon Steinmann SPM '10	2:49:31.99	Jayne Lambke SPM '90		
55-59	1:26:34.99	Jayne Lambke SPM '95	3:28:43.40	Ruth Thompson FMM '06		
60-64	1:35:30.00	Barbara Prescott SPM '10				
65-69	1:36:42.89	Patricia Bond FMM '05	4:03:28.48	Doris Prokopi FMM '06		
70-74	1:38:31.20	Patricia Bond FMM '08	4:15:30.47	Doris Prokopi FMM '07		
75-79						
80-84	2:43:04.99	Peggy Hughes SPM '00				
85-89						
90-94						

## Florida LMSC Postal Records Men 2010

	1 Hour		3000 Yards		6000 Yards	
18-24	6135	Robert J Margalis SPM '07	37:32.27	Sean Esterly SPM '09		
25-29	5600	J Sakovich CATM '97	35:04.34	Ted Bradley SPM '09	1:43:06.52	Patrick White SCMM '03
30-34	5420	Bill Specht SPM '93	34:26.01	John Reich SPM '07	1:12:58.75	Tim Kennedy SPM '01
35-39	5435	Bill Specht SPM '95	34:04.65	Brian Rimel SPM '06	1:13:53.99	Brian Rimel SPM '02
40-44	5105	Tim Kennedy SPM '98	36:58.33	Brian Rimel SPM'10	1:30:48.12	Sean McClean MOO '10
45-49	5150	Tim Kennedy SPM '02	34:41.77	Tim Kennedy SPM '01	1:10:49.99	Tim Kennedy SPM '01
50-54	5155	Kern Davis SPM '07	34:37.20	Kern Davis SPM '06	1:11:01.00	Kern Davis SPM '07
55-59	5040	Kern Davis SPM'10	36:01.18	Kern Davis SPM '10	1:12:45.23	Kern Davis SPM '10
60-64	4485	Carl Selles SPM '10	41:33.76	Pat Marzulli SPM '08	1:25:40.99	Pat Marzulli SPM '08
65-69	4065	Don Puchalski FACT '07	44:28.66	Don Puchalski FACT '06	1:34:10.27	Robert Beach SPM '99
70-74	4485	Burwell Jones FACT '05	43:18.50	Robert Beach SPM '02	1:28:59.99	Robert Beach SPM '01
75-79	4025	Robert Beach SPM '06	45:41.99	Robert Beach SPM '05	1:35:11.99	Robert Beach SPM '05
80-84	3950	Robert Blake FMM '06	55:35.00	Robert Beach SPM '10		
85-89	2622	Dave Malbrough FMM '00	1:09:45.33	Dave Malbrough FMM '99		
90-94	2020	Fred Walbolt SPM '03				

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	<b>5K</b>		<b>10K</b>			
18-24	1:06:29.35	Ryan Woodruff GSC '01	2:22:47.89	Ryan Woodruff GSC '01		
25-29	1:11:03.84	Adam Goldstein GSC '10	2:26:12.89	James Acker SPM '87		
30-34	1:10:24.09	Jason Breese	2:32:17.98	Kern Davis SPM '89		
35-39	1:07:09.00	SPM '01	2:30:30.00	Brian Rimel SPM '03		
40-44	1:07:43.06	Tim Kennedy SPM '00	2:20:57.00	Tim Kennedy SPM '97		
45-49	1:06:59.09	Tim Kennedy SPM '02	2:22:54.00	Christopher Burke SPM '10		
50-54	1:07:47.12	Kern Davis SPM '06	2:20:27.31	Kern Davis SPM '06		
55-59	1:22:28.99	Pat Marzulli SPM '08	2:45:46.26	Robert Beach SPM '86		
60-64	1:30:57.03	Carl Selles SPM '10	2:44:29.00	Carl Selles SPM '10		
65-69	1:27:20.90	Robert Beach SPM '00	3:00:19.72	Konrad Euler SPM '00		
70-74	1:23:05.83	Robert Beach SPM '02	2:53:54.09	Robert Beach SPM '02		
75-79	1:31:33.00	Robert Beach SPM '05	3:14:56.00	Robert Beach SPM '06		
80-84	1:50:10.99	Robert Beach SPM '10				
85-89						
90-94						