

FSRC Summer Decathlon 20 Minute Run
Brunswick, MD
Wednesday, August 7, 2019

Place	First Name	Last Name	Age	Gender	Distance
1	Matt	Rydzik	31	M	3.25 miles
1	Louis	Shiavone	26	M	3.25 miles
3	Alex	Kowaleski	30	M	3.07 miles
4	Ted	Poulos	57	M	2.81 miles
5	Bill	Stahr	58	M	2.53 miles
6	Mike	Geisler	46	M	2.5 miles
7	Ruth	Taylor	51	F	2.25 miles
7	Adrian	Paskey	26	F	2.25 miles
7	Jamie	Wisz	29	F	2.25 miles
7	David	Kenny	59	M	2.25 miles
11	Jeanette	Novak	75	F	1.5 miles