

5K Postal

NJ LMSC Postal Records
5K Postal Event

Individual Records

Women

Age Grp	First Name	Last Name	Age	Club abbr.	Time	Year
18-24						
25-29						
30-34						
35-39	Sandra	Carosi	37	GSM	01:26:20.01	2003
40-44						
45-49						
50-54						
55-59						
60-64						
65-69						
70-74						
75-79						
80-84						
85-89						
90-94						
95-99						
100+						

Men

Age Grp	First Name	Last Name	Age	Club abbr.	Time	Year
18-24	Thomas	Alne	19	GSM	01:11:15.82	2007
25-29						

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30-34	_____	_____	_____	_____	_____	
35-39	_____	_____	_____	_____	_____	
40-44	_____	_____	_____	_____	_____	
45-49	_____	_____	_____	_____	_____	
50-54	_____	_____	_____	_____	_____	
55-59	James	Ryan	55	GSM	01:11:00.29	2007
60-64	_____	_____	_____	_____	_____	
65-69	_____	_____	_____	_____	_____	
70-74	_____	_____	_____	_____	_____	
75-79	_____	_____	_____	_____	_____	
80-84	_____	_____	_____	_____	_____	
85-89	_____	_____	_____	_____	_____	
90-94	_____	_____	_____	_____	_____	
95-99	_____	_____	_____	_____	_____	
100+	_____	_____	_____	_____	_____	

RELAY RECORDS

WOMEN

Age Group	Total Time	Club Name	First Name	Last Name	Age	Year
_____	_____	_____	_____	_____	_____	
			_____	_____	_____	
			_____	_____	_____	
			_____	_____	_____	
_____	_____	_____	_____	_____	_____	
			_____	_____	_____	
			_____	_____	_____	
			_____	_____	_____	

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MEN

Age Group	Total Time	Club Abbr.	First Name	Last Name	Age	Year

MIXED

Age Group	Total Time	Club Name	First Name	Last Name	Age	Year

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